

Kdy lqj #urxedh#y lhz lqj #k lv#hp d lB#E dfn khuh



Triad Triathlon Team Newsletter

IN THIS ISSUE

QUICK LINKS

Follow the team on the following social networks. Post group runs and rides, post race results, etc.

[Facebook](#)

-

March 2014

MESSAGE FROM THE PRESIDENT

Dear Triathletes,

I am sending our March Newsletter a little early this time. We have a lot of great events and activities planned for you in March and I wanted to make sure that you have time to get them added to your busy schedules. Some of you may have been training year round while others may have opted for some R&R ahead of the 2014 season. If you are the latter, it's time to find your running shoes, dust off your bike, buy some chamois crème (watch out for the "euro style"), and air out your wetsuit. Triathlon season is officially upon us!!!

To celebrate, the TTT is kicking off the season with a bang! March will have a total of 20 events or planned training sessions for you to participate in. Remember that while the TTT board enjoys organizing and planning these activities, we ultimately do it for you and your participation/feedback is encouraged.

So here is what you need to do. Go to our [website \(www.triadtriteam.com\)](#) and click on the events link to open our [handy race calendar](#). Find a race that interests you, sign up and announce it to the group by posting on the [TTT Facebook page](#). Next, read this newsletter one more time and plan your training. You may also post you plans on the TTT Facebook page and invite others to join you in your training. Rise to the challenge and push yourself. For an extra dose of [motivation click here!](#)

Speaking of races, the Triad Triathlon Team wants to encourage you to race and support local races. As such, we have selected 3 local triathlons to act as the official races of the TTT! These races are:

- 1) Belews Lake International Triathlon to be held on Saturday April 12th.
- 2) Lake Ramseur Olympic Triathlon to be held on September 20th.
- 3) North Carolina State Championship Sprint Triathlon to be held on Sunday October 5th.

All three of these races are well run events worthy of your support. The TTT will bring the team tent, have chairs, music, and food for our members. Members who cannot race in these triathlons are encouraged to stop by the tent and party with the rest of us while cheering for your teammates. Volunteers are also very welcome as we hope to use this opportunity to recruit fellow triathletes into our ranks. If you plan on racing in one or more of the events and/or would like to volunteer a little bit of your time at the team tent, please contact me via [email \(TTT.President@gmail.com\)](mailto:TTT.President@gmail.com). TTT Races series points will be accumulated based on race performance, participation (# of races entered), as well as volunteerism in accordance with the following scheme:

- 1) Participation in the race: 15 points
- 2) Volunteer at the TTT tent: 5 points per hour up to 15 points
- 3) Volunteer at the race: 5 points per hour up to 15 points
- 4) Up to 5 points based on age group results: (5 points for 1st, 4 points for 2nd, 1 point for 5th)

Please note that it will be the responsibility of the team member to keep track of participation and to communicate them to the [TriadTriTeam](#) using the word "RACE SERIES" in the subject header. Points will be collected after each of these races and posted on the TTT website. You must be a TTT member in good standing in order to be eligible for points.

The winner of the TTT Race Series will have bask in his or her glory AND receive an incredibly awesome, but as of yet unspecified, gift!

TTT Appreciation Day + OMEGA SPORTS = Savings!

Omega sports has signed on as a new sponsor of the Triad Triathlon Team and will be hosting a TTT appreciation day on Saturday March 8th. 10% of that days sales will be donated to the Triad Tri Team. Please tell your friends, acquaintances, bosses, colleagues, and family members to stop by Omega Sports. Don't forget that TTT members benefit from a 10% discount at Omega!



Looking to sign up or renew your membership? The TTT will be onsite from 10AM - 4 PM. Your support is greatly appreciated.

When: Saturday March 8, 2014 from 9 AM to 6PM
Where: Omega Sports, 2431 Battleground ave, Greensboro

Brick Training Series - Finale (Sunday March 2nd)

We had a very successful Brick Training on February 16th! This time we are repeating and supersizing the event. Join us at E3 Elite Human Performance for an indoor computrainer ride of 56 miles or 3 hours (which comes first) followed by a 13.1 mile run. The run course will be outside and consist of a one mile loop and therefore participants can chose to cut down on the distances if desired.

Both the bike leg and the run will be fully supported with water, energy drink, gels, sports beans. You'll feel just like in a race but without the pressure. Both legs will be timed and you will also receive a detailed analysis of your bike leg including stats such as avg speed, cadence, power, spin efficiency, etc.

The computrainer can simulate any bike course in the world in a very realistic and fun manner. Cyclists can see themselves on a computer screen as they compete against 7 other cyclists in real time. !

This is a can't miss opportunity and space is limited so sign up by visiting our website at www.triadtriteam.com or clicking on the event below.

[Half Iron \\$25 / \\$40 \(TTT Member / Non-Member\)](#)

TTT Membership starts at only \$35. Sign up day of event and we'll comp the difference!

Swim Clinic w/ Coach Buxton (Sunday March 2nd)

The second swim clinic of a 2 clinic series is scheduled for March 2 at 3:30 PM will be conducted by Karen Buxton of www.coachbuxton.com.

We will start at 3:30 PM with some dry land instructions followed by 1 hour of in water group instruction including drills, open water technique and swim instructions.

Cost for this clinic will be \$5 for members and \$15 for non-members.

Please arrive early to register and change prior to the dry land instructions. Participants who join the team the day of the event will be credited for the difference in cost.

Hope to see you there!



TTT Monthly Meeting - Friday March 14th

The March TTT team meeting is Friday March 14 at 6:30 PM at E3 Elite Human Performance (809 Green Valley Rd, Greensboro, NC)

We will serve some food/drinks and invite members to arrive early for a social hour. At 7:30, we will start our formal program which will include expert advice from E3 head coach Matt Clancy. Matt will cover the topic of performance fueling and race nutrition.



Relay Triathlons

Not in full on race shape yet, still perfecting your technique in one of the three sports, or perhaps you know of a friend who is looking for an introduction to triathlon racing and the Triad Triathlon Team. Some of our members have asked about the possibility of doing relay triathlons with other team members. As such, if you are looking for 1 or 2 partners to complete a triathlon in the relay category, please email the [Triadtriteam](#). Include the word "RELAY" in the subject header of the email and let me know what leg(s) you are willing and able to do as well as any other preferences you may have (which race, coed or not, etc).

At this time, we are going to limit this service to the TTT supported race series races (Belews, Ramseur, NC States) if they include a relay category. We will send out rosters as soon as possible and no later than 4 weeks prior to the event assuming that it is not sold out.

Belews Lake International Triathlon - Training

The Belews Lake International Triathlon is the first race in the TTT Race Series. We encourage all TTT members to participate by either racing volunteering at the race and/or at the TTT tent. In order to help you better prepare, we are planning on having multiple training sessions at or near the actual race venue.

OPEN WATER SWIM TRAINING

We will be conducting 2 open water swim training sessions at Belews Lake. Both will take place at the Residence of Mr. Hal Boyle (347 Lake Point Lane, Belews Creek, NC, 27009) and will start promptly at 8:30 AM on Saturday March 22nd as well as Sunday March 30th. Please arrive sufficiently early to be ready to swim at 8:30.



The early start time is to avoid any unnecessary boat traffic. Belevs lake water temps are typically warmer than most, however this is expected to be a wetsuit swim. The Boyle residence is the perfect venue for swimmers of all abilities to become familiar with Belevs Lake. So come, swim and enjoy the beach! Please contact [Kerrie Ribando](#) for additional information.

TRANSITION AND BIKE/RUN BRICK ON THE BELEWS LAKE TRIATHLON COURSE

The TTT will be conducting a transition clinic followed by a bike/run brick of the race course. This is planned for Sunday April 6th at 9 AM at the Carolina Marina (548 Shelton Rd · Stokesdale, NC).

The clinic will be led by none other than your TTT President. The bike leg will be one loop of the bike course (Approx 14 miles) and the Run leg will be one out-back of the run course for approximately 3.5 miles.

We will setup pace groups based on the turnout and skill levels of those attending, however we will make every effort not to have groups smaller than 3 persons.

What to bring: (everything you would use for a race - except swim gear)

Bike, helmet, cycling attire, Running shoes, nutrition (water, gels, fuel belts, etc), running attire, race belts, Transition mat and/or towel, sunscreen.

RECURRING TRAINING ACTIVITIES

Please visit our website and our Facebook page for additional details regarding recurring weekly or bi-weekly TTT training events. These include Indoor Trainer Session, Trail Runs, and pool swims.

VOLUNTEERS NEEDED

Are you looking for a worthwhile cause? Something to get involved with? Something to help out your peers? Please consider volunteering with the TTT. We are looking for people who can donate some of their time to help organize and lead TTT training events, help promote the TTT via recruiting events, or anything that you feel could be of benefit for the TTT. Please contact Simon Cloutier for any information regarding volunteering with the TTT.

RACE REPORTS AND CALENDAR

Did you know that our website has a section on [race reports](#) and a [race calendar](#). Even if you are not looking to win a race, races help push through ones personal boundaries and provide athletes with meaningful short, medium, and long term goals critical to your ability to remain motivated in your training. One of the most fun, stressful periods of the "off season" is the planning process for the upcoming race season. Race reports are very helpful for teammates trying to decide which races to do at the start of the next season. They provide valuable information regarding the race venue (Beach start or deep water start, hilly or flat, hot or cold, etc) and how the race was conducted (Wave start or mass start, congested bike course or not, good food/aid stations, etc). In addition, they are a great tool for the author to reflect back on the event and identify what worked well and not so well in training or during the race. Race reports can be a freeing experience. Please consider writing race reports after each milestone race. Share them with the team by emailing them to [Simon Cloutier](#) and we'll make sure that they get added to the website to benefit all.

Sponsors

Please support the businesses that support the Triad Triathlon

Team. Please see the website for a list of all of our sponsors and

TTT discount providers.

Platinum



Gold





Silver



Bronze



The Team Mission

The mission of the Triad Triathlon Team is to promote friendship and fitness through the sport of triathlon. The team provides information, motivation, training support and social activities for athletes of all ages and abilities.

The team includes youth, novice and elite triathletes. The team can help you achieve your fitness and athletic goals, while providing you a chance to make new friends and contribute to our community.

Please feel free to respond with any suggestions for future newsletter topics [here](#).

[Forward email](#)



Try it FREE today.

WkL#hp dLz dv#hgw#r wwsuhvghqvc j p dLfrp #e |#w|suhvghqvc j p dLfrp |#
Xsacdh#Surib2Hp dLgDacuhv | Iqwdqwhp rydcz lk#WdihXqvxevfueh0 #| Suvdf | Srdf |1
Wubg#Wu#Whdp ; 674 :#Ghhs#Juhq#gu ; Juhqverur ; QF ; 5 : 743