

IT'S TIME TO TIGHTEN UP THOSE RACE DAY SKILLS....

Now that race season is in FULL SWING, it's time to really hone in getting ready for race day. One of the biggest challenges is overcoming any nerves or excitement you're experiencing by making sure you don't forget anything.

What are some of things you can do to get yourself together for the big day? I am glad you asked because I want to know too 🤔

We had the luxury of spending some time with esteemed triathlete and coach Chris Wickard at our Open Water swim clinic and she had some awesome tips for preparation, especially for the swim:



BEFORE THE RACE

1. Walk the swim venue.
2. Know where you are entering and exiting
3. Count the buoys...color of sigh buoys vs turn buoys and their size.
4. Check out the landmarks on land, these will be easier to sight.
5. Try to get in the water around the same time of day as race (if possible) and note the position of the sun.
6. Plan where you are going to start – do you veer at all?

RACE DAY

1. If you can warm-up, do so.
2. If you find yourself veering in one direction, widen your entry with the opposite hand.
3. Goggles – always have multiple pairs (clear, mirrored, tinted) for various conditions. If the goggles aren't new, put baby shampoo on them and rinse it out, this will reduce fog.

- Wetsuit – consider cutting off a few inches off the leg for easier exit/add water to the inside to eliminate that suction feeling, letting water in at the end of the swim through the neck.
- COLD water – get cold water gear (neoprene cap, multiple caps, ear plugs, booties), try and submerge head under water slowly several times, think about applying Vaseline ot your face, tops of hands, feet.
- Draft – behind on their toes or to the side of them in line with their hips (careful with this one).

PRACTICE

- Open water is WAY different than the pool; you need to practice.
- Practice the various swim starts – beach, deep water (treading water), dive/jump, angle deep.
- Structure your open water swims like a pool workout. Set up your watch for intervals or 30 strokes fast/30 easy or 1 minute fast/1 minute easy, vary these.
- Practice in your wetsuit – putting it on and taking it off (body glide or wetsuit lube).
- Tarzan swim, sighting, breathing both sides, lifting head (sight)/breathing are all important in open water and need to be practiced.
- Navigating buoys – flip to back then to belly for tight turns.
- Mass starts – if in a pool, have multiple people in the same lane.



MAKE A PRE-RACE CHECKLIST – Chris provided us with hers – feel free to use it!

Day Before Race

- Set alarm
- Morning nutrition/drink
- ID and USAT Card
- Go thru bike gears/oil chain
- Full tank in car
- Directions/Start time/Parking

Warm-up

- Go for a short bike ride/check gears
- Short run
- Add pick-ups in both warm-ups
- Put on wetsuit 30 min prior to start

- Gels (if using)
- Water bottles with hydration
- Socks (if wearing)
- Transition towel
- Baby powder for shoes/feet
- Bike bag with spare tire
- Check brakes at race site

Morning of Race

- Tri Suit on
- Check tire pressure on bike
- Start nutrition

Swim

- Goggles – clear and mirrored
- Wetsuit
- Cap
- Bodyglide for wesuit
- Watch (if applicable)
- Sunscreen

Run

- Running shoes/socks
- Visor or hat
- Gels/nutrition
- Race belt

Race/Transition Area Prep

- Rack bike by seat
- Set-up transition
- Go to swim start (buoys)
- Go to swim exit
- Walk to T1
- Pick up sharp objects
- Find bike (dis)mount line
- Walk to T2
- Find run exit

Bike

- Helmet
- Sunglasses
- Bike
- Bike Shoes
- Electrical Tape for gel

Post Race

- Nutrition
- Change of clothes
- Body wipes/personal care

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.

[2023 Member Race Hub Spreadsheet](#)

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](#).



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

Susan Tsagris, Valparaiso



Evelyn Koncalovic, Whiting



Natalie and Steve Liskey, New Carlisle



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

Also, thank you **J.P. Bonner, Derek Janik, Michelle Fejes, Susan Richards, William Laramie, John Boyle, Laura McCrindle, Rada Velligan and Kathy Labus** for renewing their memberships!

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

Congratulations to all our members who have been killing it out there these past months at club races Leon’s and Grand Rapid’s triathlons!!!

Olympic Finishers - 115 total participants	
Nick Powell	02:16:46 (10th overall)
Nick Konwerski	02:19:28 (16th overall)
Brian Culbreth	2:36:09
Susan Richards	2:57:44
Mary McVey Buschmann	3:12:03
Brad Beumer	3:17:45
Kim Donlan	3:38:14
Kristi Sikora-Blankenship	3:45:35
Sprint Finishers - 96 total participants	
Derek Janik	01:10:10 (3rd overall)
Alan Jones	01:18:32 (19th overall)
William Hasse	1:21:17
Brenna Pacheco	01:24:38 (Youth member!)
Sherry Carlson	1:25:17
Amanda King	1:28:02
Dan Moon	1:35:44
Evelyn Koncalovic	01:45:54 (Youth member!)
Vivian Koncalovic	01:50:13 (Youth member!)
Rada Velligan	1:50:33
Barbara Pakan	1:52:00
Michael Gonzalez	01:53:56 (First Time triathlete!!)
Para Development Triathlon - 29 participants	
William Laramie	01:20:47 (8th overall)
Olympic Relay	
John Boyle and friend	2:39:55



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

We see you out there racin’ 🏃 🚴 🏊





NWI Triathletes

★ Favorites · May 16 · 🌐



PROJECT PURPLE POUNDING PAVEMENT FOR PANCREATIC CANCER WAS A SUCCESS!!!

With everyone's donations and support we were able to raise \$3,173.13 for charity and pancreatic cancer research!

THANK YOU to everyone who donated and showed up to our first ever 5K fundraiser! This community is amazing!

#projectpurple
Project Purple

POUNDING PAVEMENT FOR PANCREATIC CANCER

project purple
— A WORLD WITHOUT PANCREATIC CANCER —

NWITRI
Northwest Indiana Triathletes & Runners



RELAY FOR RECOVERY September 16, 2023

Use Code **NWITRI23** at checkout for 10% off race – let's make this an awesome fundraiser!



Northwest Indiana Triathletes & Runners

10%
off race

use code ***NWITRI23***
at checkout



LOCAL RUNNER

COUPON

<https://www.trisignup.com/Race/IN/Chesterton/2ndAnnualDuathlonandRelayforRecovery>





Northwest Indiana Triathletes

2023 "Designated" Club Races

FIND US AT THESE EVENTS

JUN
3&4

Leon's Triathlon
Wolf Lake Pavilion
Hammond, IN



JUN
10&11

Grand Rapids Triathlon
Ada Park
Ada, MI



GRAND RAPIDS TRIATHLON 2023
Huntington #DISCOVERADA

JUL
8

LaPorte Sprint Triathlon
Soldier's Memorial Park
La Porte, IN



AUG
5&6

USAT Nationals
Discovery World
Milwaukee, WI



AUG
13

Michigan Titanium
Versluis Park
Grand Rapids, MI



SEP
16

Relay & Duathlon for Recovery
Three20 Recovery Center
Chesterton, IN



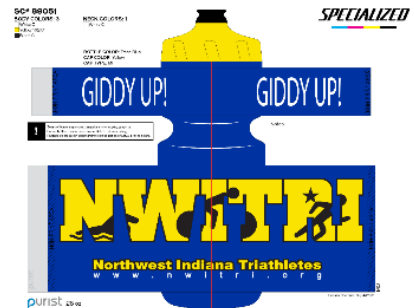
NWITRI SWAG NOW AVAILABLE! ☞ ☞

Custom 26oz SPECIALIZED NWITri water bottles HAVE ARRIVED!

These water bottles are available to members for \$7/each.

NWITRI Boco Hats - \$20/each

NWITRI Boco Visors - \$20/each



STOCK UP! If you would like to order water bottles or a hat or visor, please email nwitrithletes@nwitri.net with your name, address and quantity and options will be provided for pick up or shipping.

WE NOW TAKE VENMO!! @NWITriathletes

Mark your calendars! Group Training IS RAMPING 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

SATURDAY, JULY 1, 2023 AT 8 AM CDT

NWI Tri Group Bike Ride @ Liberty Bible Church – RSVP on Facebook [HERE](#)

If you're interested in some company while getting in those bike miles, join NWI Triathletes for a holiday weekend bike ride from Liberty Church in Chesterton!
PARK IN THE WAY BACK of the parking lot.

We have 4 routes available! These have been updated for 2023 to avoid bridge closure on Burdick Rd.



32 Miles, 641 ft elevation - <https://connect.garmin.com/modern/course/167693902>

35.15 miles (hilly at the end), 1,139 ft elevation -

<https://connect.garmin.com/modern/course/167693679>

60 Miles, 1592 ft elevation - <https://connect.garmin.com/modern/course/111556339>

74 miles - 1,912 ft elevation - <https://connect.garmin.com/modern/course/110241422>

Use address: 824 N Calumet Avenue, Chesterton, IN 46304

Event #2

SATURDAY JULY 7th and 8th, 2023

LA PORTE SPRINT TRIATHLON – RSVP on Facebook [HERE](#)

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 La Porte 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.



PSA from your club president...if you don't plan to race at La Porte Triathlon, please sign up to volunteer. If you are out of town or unable to volunteer due to some other commitment, please consider recruiting someone to take your place! We are currently only 7 bodies short, and are looking for help Parking and at Road Closures to keep our athletes safe ❤️ ❤️ ❤️ ❤️

We encourage all volunteers to register by June 26th, so we can plan and prepare accordingly. You can register to volunteer here: [Volunteer at La Porte](#)

If you can't volunteer on the 8th or are racing, you are invited to help set up the venue on **Friday July 7th at 4PM.**

Use address: 350 Grangemouth Road, La Porte, IN US 46350

Event #3

SATURDAY JULY 15, 2023 AT 8 AM CDT

NWI Tri Group Swim @Hammond Port Authority – RSVP on Facebook [HERE](#)

Join NWI Triathletes for open water swim practice at the Hammond Port Authority. This swim is in Lake Michigan so the temp can fluctuate, be sure to bring a wetsuit and a swim buoy.

When you get to the gate, give them dock [#E23](#) for entry and parking. DO NOT tell them you are there to swim, but to visit a friend.

We enter the beach on the FAR end of the lot opposite the marina!

Use address: 701 Casino Center Dr. Hammond, IN 46320



Event #4

SATURDAY, JULY 29, 2023 AT 7AM CDT

Olympic and 70.3 Swim/Bike/Run Practice @ 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. Course links provided below for both Olympic and 70.3 distances! We will bring water, 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/fees.htm>

70.3 Maps

Swim: <https://connect.garmin.com/modern/course/62913328>

Bike: <https://connect.garmin.com/modern/course/7494372>

Run: <https://connect.garmin.com/modern/course/62916266>

Oly

Bike: <https://connect.garmin.com/modern/course/112357497>

Run: 1 lap of the 70.3 run course.



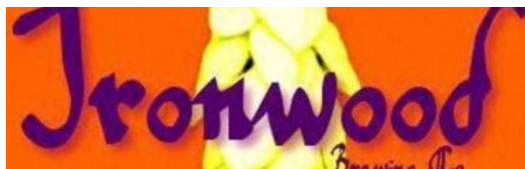
Use address: E State Park Boundary Rd &, W Lake Front Dr, Porter, IN 46304

Other weekly 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 weekly 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 a group for everyone, whether you want to ride fast, slow, or anything in between. You can find more information on their Strava page [HERE](#)



Other fun photos from May and June events!

May 6 – Project Purple 5K



May 7 – Terrible Horrible Bike Ride from Valpo



May 27- NWITRI Bike Fit Clinic/Swim/Ride




May 29- OWS at DoubleTree



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



OPEN WATER SWIMMING

WHAT DOESN'T KILL YOU MAKES YOU STRONGER
except for sharks, sharks will kill you.

June 17 OWS Clinic at Stone Lake



ICYMI in April:



THANK YOU TO OUR SPONSORS!!!

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We are still accepting sponsors
For the La Porte Triathlon!

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 😊

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