



Northwest Indiana Triathletes
www.nwitri.org

May 2022 Newsletter

All I can be is thankful

Summer has FINALLY arrived with things heating up around the region! Too bad it wasn't just a couple weeks earlier with our inaugural Brickyard Sprint Triathlon taking place Sunday May 1st, 2022. To say it was a huge undertaking is an understatement and all things considered, it was a major success!

The race couldn't have taken place without all the racers, volunteers, and organizers that showed up before, during and after the event. I'm thankful to all these people supporting our club in making it happen. I've posted some pictures below highlighting the shenanigans of the day!

Many of you are ramping up your training for big races this season, check out our group training events below to have some company on those long swims/bikes/runs and share your races on our race hub spreadsheet so we can support you on your big day!

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

Jim Skiff from Dyer



Mary Buschmann from Munster



Andy Vaclavik from Crown Point



Jamie Skinner from Hammond



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

Also, thank you to members Dan Moon, Zach Golden, Kris Cone, Bryan Hembroff and Chris Wickard for renewing their memberships!

SPEAKING of TRIATHLONS

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.

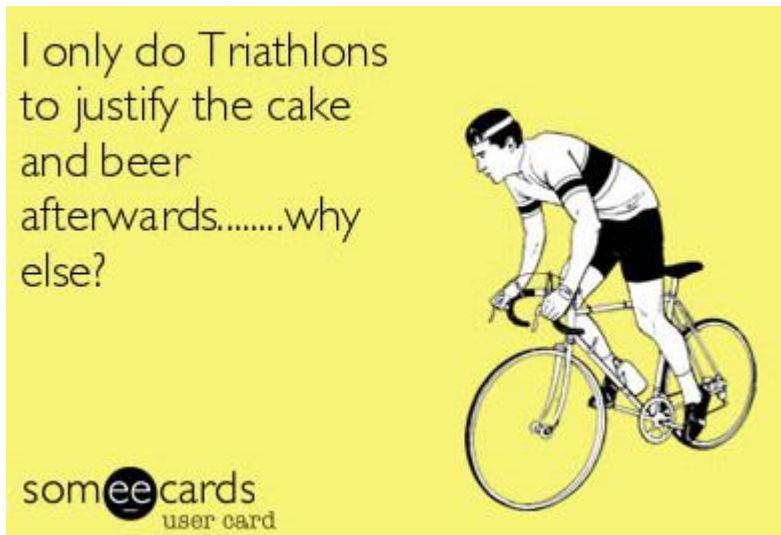
However, **WE NEED YOUR HELP** to mark yourself as Racing or Spectating under the races that YOU are attending this season.

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 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

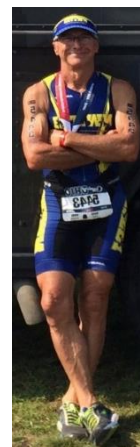
If you are following the NWI Tri Club Members Facebook page, you will have noticed several member profiles posted. We want to get to know you too! Click to fill out our: [Member Survey](#). If you have any questions, send us a note on FB Messenger or email us at nwitriathletes@nwitri.net.

Doc Hyde's Transition Guide

We are incredibly excited to present to you "Doc Hyde's Transition Guide" ahead of the 2022 race season.

In this exclusive members-only guide you will find countless valuable tricks for speeding up the most neglected part of our racing - the transition. It could be the difference between the podium or 4th place.

Download the Transition Guide [HERE](#)



Mark your calendars folks! Group Training IS BACK!

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

SUNDAY, MAY 22, 2022 AT 10 AM CDT

NWI Tri Group Run at Kennedy Trailhead then BEER 🍺

RSVP on Facebook [HERE](#)

Please join NWI Triathletes for a group run. We will be starting at the Erie Lackawanna trailhead in Highland, IN (under Ridge Road bridge) and running towards Griffith on the trail. It's an out and back so we can stick together as a group or break up into smaller groups based on pace and still see each other all along the route. Nothing says "Beer run" like stopping at local brewery Fuzzyline or New Oberfalz after our run at 12PM for beer and food if you'd like!

Use address: 2744 Highway Ave, Highland, IN 46322

Event #2

SATURDAY MAY 28, 2022 AT 8 AM CDT

NWI Tri Group Bike Ride – RSVP on Facebook [HERE](#)

Please join NWI Triathletes for a group ride. We will be starting at Liberty Church in Valparaiso and are working on providing a 1 loop route around the 25 mile length. Do it once, do it twice or do it three times, but be prepared for HILLS! This is a great terrain for hill repeats and it's always better with company. GPX files will be provided closer to the event. All paces welcome!

Use address: 1155 S Sturdy Rd, Valparaiso, IN

Event #3

MONDAY MAY 30, 2022 AT 9 AM CDT

NWI Tri Group Swim at Stone Lake– RSVP on Facebook [HERE](#)

Join NWI Triathletes on Memorial Day morning at Soldier's Memorial Park in Laporte, IN for a lovely group swim across Stone Lake. Across the lake to the boat ramp and back is around the 2000 yard mark. Bring your wetsuit and a brightly colored swim buoy if you have one so that we can keep track of each other in the water! Feel free to bike or run afterwards to get a feel for the LaPorte Sprint Triathlon course ahead of the June 11th race! The courses are well marked.

Use address: 250 Pine Lake Ave, LaPorte, IN 46350



Event #4

SATURDAY, JUNE 5, 2021 AT 2:30 PM CDT – 4 PM CDT

Open Water Swimming @ Wolf Lake – RSVP on Facebook [HERE](#)

Wolf Lake will be open for swim practice 3pm-4pm. This is a great opportunity to get some yards in prior to Leon's the next day. Come early if you can! We will have an NWI Tri tent set up where we will meet, discuss race logistics, tips and tricks for open water swimming, and race veterans will be available to you to answer any questions you have about the course.

We will head out to swim as a group and support each other in the water if needed.



Other Events that should interest you:



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SATURDAY, MAY 21, 2022 AT 9 AM

Region Riot Grilled Cheese Ride!

Lake County Fairgrounds, Crown Point IN

Saturday May 21, 2022 at 9AM

REGISTER [HERE](#)

COST is \$10

55, 75, and 100 Mile routes are available with water support!



We will have an NWI Tri tent at [Leon's Triathlon](#) which takes place Sunday June 5th in Hammond, IN.

Sprint, Olympic and Relay options available!

You can register at this link: <https://tinyurl.com/5n7mp6ju>

This year NWI Triathletes has partnered with La Porte YMCA to get the [La Porte Sprint Triathlon](#) USAT sanctioned. In return, our members get the benefit of **\$10 OFF** their race entry using a code. SEE [FACEBOOK GROUP](#) OR EMAIL nwitriathletes@nwitri.net for the code. The race is Saturday June 11th at Soldier's Memorial Park in La Porte, IN and you can learn more and register here: <https://www.lpymca.org/triathlon>

*****The code is limited to the first 22 entries so it's better to register *sooner than later*.

We will have a tent at this event as well!



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](#)



THANK YOU TO ALL WHO RACED/VOLUNTEERED THE INAGURAL BRICKYARD SPRINT TRIATHLON!!!!

If you're interested in seeing more pictures from the event you can view an album [HERE](#)



**Other fun photos from April and May group trainings!
Swim/Bike practice(s) @Hobart Aquatics Center**



Transition Practice @ Trailblazer's Bike Barn



Ken Hyde's annual Awful Terrible Horrible Ride



THANK YOU TO OUR 2022 SPONSORS!!!

Tiny Bubbles, ATI Physical Therapy, Dto3 Dimension, Puntillo & Crane Orthodontics, New Oberfalz Brewing, Three Floyds Brewing, Leo's Mobile Bike Service, Trailblazers Bike Barn, McGuckin Chiropractic, Primerica, Rudy Project, and Magic 5 for becoming sponsors for the 2022 season.

THEMAGIC⁵

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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