

Hello T3'rs,

Some exciting things happening in the T3 world!

T3 Get together at Pflederer Lake on Saturday October 23 from 1pm - ??? Bring Your Own Drinks and a side dish to pass. T3 will provide Chicken/Plates/Silverware

Nick Kinsey and Bob Davis finished their first marathon in Chicago on 10/10/10!!! Ryan McMurtrey, Melisa Case, Marianne Miller, and Gene Pflederer also finished the Chicago Marathon. Congrats all!!

I'm having trouble finding the results online for the Heritage Lake 5k, but I've heard that our own Gary Cates won the overall title. I also heard the Cates boys had strong showings in their age groups. If someone finds the results, let me know and I'll get them added.

Dustin Weeks is planning on riding a century to raise money for the American Diabetes Association. You can read about and support him here:
http://main.diabetes.org/site/TR?px=6240836&pg=personal&fr_id=7590&et=MZjyRGkhHrwIfuFVf68SWw..&s_tafId=7590

The Sullivan Triathlon is open for registration. This is a great tri for first timers and veterans. It fills up pretty quick, so sign up soon.

The 2011 Sullivan Civic Center triathlon will be Sunday, May 1st. <http://sullivantriathlon.com>

Winter Bike Classes:

Please join us for a winter cycling class at the former park district building, 210 S. Sampson. Bring your bikes and your trainers for a 17-week winter cycling class which will be held Mondays, Wednesdays & Fridays. Bike set up at 7pm, class will start at 7:15 and last about an hour. An informational meeting on the cycling plan, how to set up your trainer and workouts will be held at the Sampson street office on Wednesday, October 27th at 7 pm. Class will begin November 1st. Cost: FREE for Tremont Fitness members, \$10 for members of T3 and \$20 to non-members.

Chris Kinsey

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<http://www.teamt3.com>