



T3 Newsletter 3/14/11

New Members

Welcome our newest members to the T3 family:

Amy Cage – Dunlap
Danielle Johnson – Pekin
Nicole Johnson – Pekin
Miranda Judy – Chillicothe
Kim Tegg – Washburn

We now have 77 members ☺

Run Shirts

The run shirt design is complete and we are now looking for a vendor for both male and female cut shirts. Stand by, more coming soon...

Beginner Triathlon Program

The next Beginner Triathlon Program meeting is March 29th.

Race Results

We had 5 runners at the 1st ever Frozen Turkey 5k on Feb. 26th.

Glen Gullette - 21:46
Gene Pflederer - 21:50
Ed Riesberg - 22:41
Jeff Leber - 29:26
Dick Flier - 33:07

Gary Cates ran a 5k while in San Francisco. I don't have his finish time, but heard he finished 2nd overall!!! (That's my runner!)

Congrats T3'rs!!!!

Website News

Our T3 website is <http://www.teamt3.com>

There are now race reports linked in the individual race folders in the race forum on the message board. Email Bob@teamt3.com for more info and/or instructions on the profiles

2011 Uniforms



The first order has been made and should arrive before the Sullivan Triathlon on May 1st.

The 2nd order deadline is April 25th and we will receive that order before the Tremont Triathlon.

We are planning to have a fit kit for the 2nd order.

Group Workouts

TT's - We are going to tentatively plan the first TT of the year for this Thursday evening. The weather is supposed to be "good." Well, good enough, lol. We will plan on meeting at 5pm in the church parking lot on the corner of Toepfer and West Streets in Tremont. First rider away at 5:30pm. We will send email if the weather does not cooperate.

Track Nights – Let's plan to start track nights on March 29th or April 5th depending on weather. Watch 4 email.

No open water swims yet, ☺

Tremont Triathlon



Tremont Triathlon will have finisher medals this year!

Pat O'Donohue is the Sponsor Coordinator. Any sponsor ideas or contacts please email patodonohue@boydgaming.com

Lynn Davis is the Volunteer Coordinator. Any volunteer questions email tumblemom53@hotmail.com

Registration and Volunteer signup are open on either the TAPD or T3 website.

2011 Sponsors (so far)

Major Sponsor:

Tremont Parks & Recreation Center

Mid Level Sponsors:

Illinois Center for Pain & Rehab

Russell's Cycle & Fitness

Little Ade's Bicycles

Rumors

A fun section for some gossip ☺

Been quiet on the rumor front.

I did hear Glen is putting together a team for the Tremont Triathlon too. I hear he has a fast runner, fast enough? We shall see.

Frozen Turkey 5k



Check out more T3 pics @:
<http://www.teamt3.com/twg184/twg184/index.php>

Races

This is a list of some of the first races of the year.

3/20 Delavan ½ Mary
3/26 CIDA 5k Peoria
4/10 Go St. Louis Mary
4/17 Petersburg Tri
4/30 Illinois ½ Mary
5/1 Sullivan Tri
5/7 Indy ½ Mary



Coming next
newsletter: TT results
(maybe)

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