

Upcoming Group Training Opportunities:

If you have any rides or runs that you might enjoy some company on please post on the message board.

Tuesday April 13th: "Track" Night

Due to a track meet at the high school we will be moving the "track" night to the TT start. We will run out Watson road and back and call this a hill workout, those of you who have ridden the TT course will understand 😊. We will have "Caution Runners on Road" signs posted and there is not much traffic on this road 😊

Here is a link to the location of the start line: <http://www.gmap-pedometer.com/?r=2976178>

More info can be found here: <http://www.teamt3.com/phpBB3/viewtopic.php?f=5&t=123>

Thursday April 15: T3 Bike TT's

Next TT will be Thursday April 15th @ 6:00pm (warmups start at 5:30pm). Any bike, any speed, just bring a helmet.

The start line and parking is at the Elm Grove Township building on Watson Road just off Route 9, about 3 miles west of Tremont . Please email CKinsey@Gmail.com to confirm time & day or for any questions.

Here is a link to the location of the start line: <http://www.gmap-pedometer.com/?r=2976178>

Here is the 8 mile course:

<http://www.gmap-pedometer.com/?r=3538527>

Here is the 11 mile course

<http://www.gmap-pedometer.com/?r=2976206>

Friday April 17th: Group Ride/Brick

Friday's weather looks better than Saturday's and I'm off on Friday. I will probably ride and then run sometime during the time the kids are in school. If you'd like to join me, shoot me an email @ ckinsey@gmail.com. or better yet post on message board here:

<http://www.teamt3.com/phpBB3/viewtopic.php?f=5&t=146>

Saturday April 18th: Group Ride/Brick

Extended forecast calls for showers on Saturday, but it is too early for the forecast to effect planning. Let's plan same as last Saturday, meet at Tremont Pool (time to be determined by weather): watch message board for more details:

<http://www.teamt3.com/phpBB3/viewtopic.php?f=5&t=148>

Upcoming Races:

4/18 AbesTriSeries in Petersburg (mini and sprint triathlons) -- <http://www.abestriseries.com>

4/24 Wildlife Trail Classic (4 mile trail) -- <http://www.ivs.org/pdf/2010/wildlife.pdf>

4/25 Sullivan Triathlon -- <http://www.sullivanil.us/triathlon.htm>
5/1 Run to Remember 5K --
http://www.ivs.org/pdf/2010/RUN%20TO%20REMEMBER%20APPLICATION_3_.pdf
5/1 Champaign 1/2 Marathon -- <http://illinoismarathon.com/>
5/7 Peoria Race for the Cure 5K
5/8 Indy 1/2 Marathon -- <http://www.500festival.com/marathon/>
5/15 Cat Power Run 5k
5/15 Coal Miners' Park in Pekin Salvation Army 5K -- <http://www.ivs.org/pdf/2010/pekin.pdf>
5/22 Family House Carolyn Mannlein Memorial 5K
5/22 Hopedale Road Warrior Duathlon (2mile Run/13.5mile Bike/2mile Run) --
<http://www.signmeup.com/69040>

Recent Race Results:

Run With The Saints 5k 3/20/10 Pekin, IL

Chip Doherty -- 22:24

CIDA 5k -- Peoria Riverfront 3/27/10

Ryan Case -- 17:09 -- 3rd OA 1st in AG
Kevin O'Connor -- 20:11 -- 17th OA 3rd in AG
Nate Kellenberger -- 21:59 -- 5th in AG (24:40 last year)
Patty Cates -- 28:39 -- (34:18 last year)
Melissa Kinsey -- 34:34 -- 1st 5k
Monica Kinsey -- 39:24 -- (49:14 last year)

Penguin in the Park 5K -- Decatur 3/28/10

Dustin Weeks -- 47:04

Interplanetary 5k -- Peoria 4/10

Gary Cates -- 19:02 -- 3rd OA 1st AG
Gary Cates III -- 21:39 -- 3rd in 14 and under - he is 10
William -- 26:48 -- (age 6)
Patty -- 27:52 -- Personal Record

If I missed any, let me know

Uniforms:

Our jerseys and uniforms are scheduled to ship tomorrow (Monday April 12th). I should get a tracking number on Tuesday and we should receive them on Friday.

We will make another order if we can put together a order for at least 10 total items. The deadline for the second order will be April 29th @ midnight (order will be made the morning of April 30th). They will arrive before the Tremont Triathlon. Prices and item descriptions can be found here: <http://www.champsys.com>

T-Shirts:

Tomorrow is the last chance to order T-shirts or sweatshirts for awhile. An order will be turned in on Monday, April 12. So email Lynn if you are interested: tumblemom53@hotmail.com

\$8.75 - short sleeve T-shirt

\$12.00 - Long sleeve T-shirt

\$12.50 - Crew neck sweatshirt

\$18.75 - Hooded sweatshirt

Add \$2.00 for XX-Large

Add \$3.00 for XXX-Large

Meetings/Get Togethers:

Tremont City Park Pavillon on April 24th (Saturday) @ 4 p.m., for a pre-Sullivan feed and get together. We'd like to start doing this during the race season for team members as it serves two purposes:

1. It's a great way to enjoy a Carb-Loading Meal with friends
2. Allows everyone to discuss race plans/strategies, etc. and calm any pre-race anxiety anyone may be having.

We will still be having a Beginner Triathlon program meeting on April 26th @ TAPD Office (7 p.m.), however, would encourage BT members to come out on the 24th - those that cannot make the 24th, will still have their voices heard on the 26th. There has been a request to practice transitions, so on the 24th.....bring your GEAR! We will practice transitions (set-up and walk/run throughs) right there at the park.....whether you are racing the next day or not, we'd LOVE to have everyone out there!!

Please plan on bringing a 'carb' dish to pass!

Next T3 Club meeting is scheduled for May 3rd.

I'm sure I forgot something, so be sure to keep updated by checking the message board :)

Happy Springtime Training,
Chris Kinsey