

Hey Team T3!!!

How do you like the heat?

**Some recent race results:**

Chris Kinsey, James Nissen, Kathy Petri, Pat O'Donohue, Brian Bottorf, and Bob Davis all competed in the Capital City Biathlon in Springfield. Chris finished 9th overall with the 3rd fastest bike split. James finished 22 overall, setting a PR 5k time and averaging almost 22mph on the bike. Kathy finished as the 2nd fastest overall in the female division and collected a very nice trophy. Brian and Bob both had nice finishes for their first time at this race. Congrats to all!!

Scott Shafer, our Texas teammate, had a nice finish at the Combat Sprint Triathlon in Texas.

Gary Cates, while traveling for work in Texas, found and ran a last minute 5k, and from what I understand, finished 4th overall.

**This week's Group Workout Opportunities: (no rsvp's necessary)**

**Track Night: June 1st @ Tremont High School Track @ 6:45pm**

For this week let's try this: (as always, input, advice, criticism, is welcomed and expected :))

Group 1 -- Beginner Tri Group

3.5 miles - 1.5 @ pace

1 mile warmup

6x400 @ 5k pace (90" rest)

1 mile cooldown

Group 2 -- Tremont 5k Group

5 miles - 3 @ pace

1 mile warmup (last 1/4 w/strides or pickups)

12x400 @ 5k pace(1' rest)

1 mile cooldown

Group 3 -- Steamboat Group

6 miles - 4 @ pace

1 mile warmup (last 1/4 w/ strides or pickups)

4x400 @ 5k pace(1' rest)

2x800 @ 10k pace(90" rest)

1x1600 @ 10k pace (2' rest)

1x800 @ 10k pace(90" rest)

2x400 @ 5k pace(1' rest)

1 mile cooldown

**T3 OWS (Open Water Swim): Wed June 2nd & Sun June 6th (6pm-7:30pm) @ Lake Windermere**

This is an awesome opportunity for the club to use one of the local lakes to get some open water swimming practice. Wetsuits are not mandatory, but are recommended. We will have a spotter with a cell phone and are working on a kayak or canoe. There will be different distance options, most likely being a 400 yard triangle and a 100 yard out and back. Please remember we are guests at this lake, so we will need to act and clean up accordingly.

Water temp was better last week, but there was a little algae, but not too bad.

Parking and swim beach located here:

[http://maps.google.com/maps?f=d&source=s\\_d&saddr=&daddr=40.527615,-89.422081&geocode=&hl=en&mra=dme&mrcr=0&mrsp=1&sz=16&sll=40.527517,-89.421973&sspn=0.011401,0.019205&ie=UTF8&z=16](http://maps.google.com/maps?f=d&source=s_d&saddr=&daddr=40.527615,-89.422081&geocode=&hl=en&mra=dme&mrcr=0&mrsp=1&sz=16&sll=40.527517,-89.421973&sspn=0.011401,0.019205&ie=UTF8&z=16)

**Next TT will be Thursday June 3rd@ 6:00pm** (warmups start at 5:30pm) Any bike, any speed, just bring a helmet.

We will do an out and back on Toepfer/Allentown, just like the Tremont Tri. Mostly Flat, Smooth, Fast!!

Here is a link to the new location of parking (we will meet there and ride just out of town to the start line):

[http://maps.google.com/maps?f=d&source=s\\_d&saddr=&daddr=40.532084,-89.497333&geocode=&hl=en&mra=dme&mrcr=0&mrsp=1&sz=16&sll=40.531154,-89.496775&sspn=0.0114,0.019205&ie=UTF8&z=16](http://maps.google.com/maps?f=d&source=s_d&saddr=&daddr=40.532084,-89.497333&geocode=&hl=en&mra=dme&mrcr=0&mrsp=1&sz=16&sll=40.531154,-89.496775&sspn=0.0114,0.019205&ie=UTF8&z=16)

**Possible Group Training Opportunities (check message board for more details and updates): (rsvp's would be helpful)**

If you have an idea or want some company for a workout, post it on the message board and see what happens :)

**Upcoming Races:**

6/5 Tri-Shark Sprint Triathlon in Hudson, IL - We have over 10 T3 members racing this one, so come out and cheer or sign up to volunteer. - <http://www.tri-shark.org/web/TriSharkOrg2/Index.aspx>

6/12 Tremont Turkey Festival 5k -- <http://www.turkeyfestival.com/sports.asp>

6/19 Steamboat Classic

6/20 Cutting Edge 1/2 IM -- Effingham, IL

6/26 Tremont Triathlon

**Tremont Triathlon News:**

As you know T3 is responsible for putting on the Tremont Triathlon. We are putting together what we believe is going to be a great event as well as raise a lot of money for the Tremont Pool. We could still use some help in a few areas:

**Volunteers** - We can't have a tri without volunteers. I am attaching a volunteer sign up form as well as the volunteer sign up link: <http://www.teamt3.com/volform.html>

**Sponsors** - We have a lot of prizes, product, and services to give away (never can have too much), but we could use some more money sponsors. I am attaching the new sponsor solicitation form for the Tremont Triathlon. If you have an idea for a sponsor or a contact, shoot James or I an email (so we can check and see if they have already donated or been asked) and we'll see what we can work out.

**Racers** - There are about 70 spots left for the tri. If you haven't signed up please do so soon. If you can encourage some others, even better. This is a great tri for beginners with the no contact swim and fast, flat, smooth bike course.

Train Safe, Train Hard,

Chris Kinsey