

Volunteer Plea's:

The Tri-Sharks are looking for volunteers for the Tri-Shark Triathlon on June 5th - They are having a little difficulty with their website so try back often, there is a link on the race website to sign up to volunteer - Top logo @ <http://www.tri-shark.org>

The Tremont Triathlon on June 26th needs your help. If you are racing, you may have family, friends, neighbors, church group, etc that may like to help out. Volunteers are needed to make a triathlon happen. Online signup for volunteering can be found at the following link (or I've attached a form that can be filled out and mailed): <http://www.teamt3.com/volform.html>

Upcoming Races:

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> - a great chance to practice transitions

6/26 Tremont Triathlon -- about 120 spots left - <http://www.tremontpark.org/Triathlon.htm>

Group Training Opportunities:

Tuesday May 4th: "Track" Night -- 6:45pm -- ALERNATE LOCATION!

- There is a track meet at the track, so alternative plans have been made. We have some teammates running the 1/2 marathon in Indy this coming weekend, so we will lay off the hills again. Let's meet at the Tremont Pool at 6:45pm and run the alternate Tremont Triathlon 5k course. We can call this a tempo run. You can still run it as intervals or tempo if you'd like. Run 3-5 minutes fast and then recover for 1-2 minutes and repeat. Run it twice if you're so inclined, get to know the course. Hope to see you there.

Thursday May 6th: T3 Bike TT's

Next TT will be Thursday April 29nd @ 6:00pm (warmups start at 5:30pm). Any bike, any speed, just bring a helmet. If you want to practice a transition and brick the tt ride with a run, bring your running shoes. Others have been doing this and running a mile or two after the ride.

Recent Race Results:

Congrats to Patty and Nate on becoming TRIATHLETES in Sullivan in less than nice weather conditions. The rest of the T3 team did great and showed some grit in some nasty weather.

Another Congrats to Patty for completing her first 1/2 marathon in Champaign last weekend. James turned in a solid performance in the 1/2 as well and Gene and Kevin completed the full marathon in fine T3 style.

Enjoy the beautiful weather,

Chris Kinsey