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# Triad Triathlon Team Newsletter

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[Follow the team on the following social networks. Post group runs and rides, post race results, etc.](#)

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## December 2013

### A NOTE FROM THE PRESIDENT

#### MEET YOUR NEW BOARD!

As some of you may know, the Triad Triathlon Team has been through some restructuring over the last few months. A new board is in place and is working to bring value to our members. We are energetic and hopeful that the upcoming year will be full of great team activities and training sessions. The board members are:

President: Simon Cloutier ([TTT.President@gmail.com](mailto:TTT.President@gmail.com))

VP Marketing: Kerrie Ribando/Robin Perry  
([TTTVPMarketing@gmail.com](mailto:TTTVPMarketing@gmail.com))

VP Member Activities: Mary Roach ([TTTMemberActivities@gmail.com](mailto:TTTMemberActivities@gmail.com))

VP Community Events Wes Koonts ([WmKoonts@GTCC.edu](mailto:WmKoonts@GTCC.edu))

VP Community Events: Steve Collins ([SCC3@triad.rr.com](mailto:SCC3@triad.rr.com))

Treasurer: Alan Turner ([TTT.Treasurer@gmail.com](mailto:TTT.Treasurer@gmail.com))

If you have an idea regarding a club activity and/or would like to get involved in helping to organize an activity, feel free to contact anyone of us to discuss. We encourage member participation and involvement (see below)

Simon Cloutier  
TTT President

### WE WANT YOU!

We need to hear back from you! The Triad Triathlon Team is only as

good as the effort put forth by the sum total of its members. Whether you are new to triathlon, have 20 years experience with endurance sports, and compete in sprint or iron distances, we need to know what it is that you hope to get out of your relationship with the Triad Triathlon Team. Feel free to contact us and provide helpful suggestions on the types of activities that you'd like to partake in. The board will consider all suggestions and focus on what best meets the desires of its members while remaining within our means. With 3 sports and varied personal schedules, many triathletes end up training solo. However if you would like some company, help is only a click away... with 45+ active members, chances are that everyone can find a training partner to help stay motivated when the training gets tough. Use our [Facebook](#) or [Google Groups](#) page to post your planned workout and invite others to attend. If you would like to contribute to the success of our team and organize a more formal recurring training activity, contact [Mary Roach](#) or [Simon Cloutier](#). We will help answer any questions you may have, spread the word about the activity and provide any assistance needed.

Volunteering! The TTT is considering various options for putting on community events/races in 2014. Historically, one of the most significant logistical challenges has been finding an appropriate number of volunteers for the day of the event. Community events, such as the Indoor Triathlon Series, the 5k Eggstravaganza, and the Summer Race Series help the TTT by raising monies that are used to fund day to day operations and team activities. Volunteering is not only a fantastic (and very rewarding!) way to give back to the TTT and local community, it also allows the TTT to produce a quality product essential to the long term viability of our events. Please consider donating a few hours of your time to the team when opportunities arise.

## SPECIAL RECOGNITION

It is likely that not many of you remember where you were at 8 AM on October 26th, 2013. However for a few TTT members this was a special day. They participated in the inaugural Greensboro Marathon by running the full or half marathons in nearly freezing weather! Congratulations to all TTTer's that participated.

Special recognition is reserved to Chambree Hesslink and Maria Pujols. Neither of these athletes ran the race however both of them covered the half marathon distances as bicycle pacers. Pacers lead pace groups to help runners achieve their goal times. They rode their bicycles in 32F weather at approximately 6.5 mph for close to 2 hours without any breaks or interruptions. This act of kindness and perfect example of volunteerism, allowed the Triad Triathlon Team to receive a much needed monetary donation. THANK YOU CHAMBREE AND MARIA! You rock!!!



## SPONSORSHIP

The Triad Triathlon Team is looking for Sponsors!!! If you are a business owner or have contacts with any business that you believe would like to encourage an active and healthy lifestyle within the local community. Please contact [Kerrie Ribando](#), [Robin Perry](#) or [Simon Cloutier](#). Ideally, we would like to have sponsorship lined up in early 2014. This will help fund the TTT and allow the board to switch gears and work on organizing great team activities and perhaps even a team T-Shirt and TTT race outfit!!!

## UPCOMING ACTIVITIES

### TTT Annual Christmas Party

Invitations have already been sent to the list of active TTT Members. This is not the same list as our Newsletter mailing list, Facebook Page list or Google Group List. The Christmas party promises to be a spectacular affair and will be held on Friday December 13th. It is a fantastic opportunity to meet the TTT board and socialize with other triathletes! All we ask is that you be a TTT member in good standing, bring a covered dish and a small gift to participate in our dirty Santa game. We are also planning on giving out some swag as early Christmas presents! If you would like to check on your membership status or join the TTT and attend the party, please contact [Simon Cloutier](#).

### Indoor Trainer Sessions

With shorter days and cold temps, getting a good quality bike ride is often neglected. To remedy this unfortunate situation, the TTT is hosting FREE Indoor Trainer sessions on the first and third Thursday of every month. We offer participants an opportunity to perform a structured workout in a social setting. Sessions typically last 60-90 minutes and offer interval training. Intervals, when done correctly, provide a

significant fitness boost to all cyclists regardless of fitness or experience level. Session starts at 7 PM with setup and warm up. The structured portion starts at 7:30 PM. Bring you bike, trainer, towels, and food/drink. See our [Facebook](#) page or email [Simon Cloutier](#) for additional details.

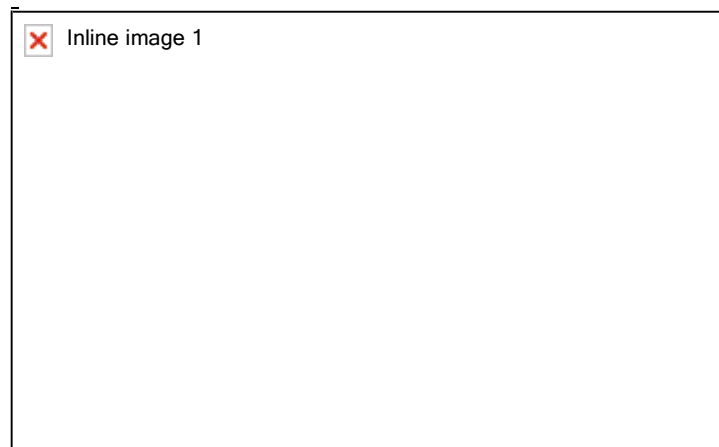
### **Monthly Team Meetings**

Team Meetings are planned to take place on the 2nd Friday of the month. Consult our [Facebook](#) page or our [website](#) for confirmation of times and locations.

Our last team meeting at [E3 Elite Human Performance](#) was a blast. Greensboro's newest endurance sports store is chalk full of triathlon related goodies! Furthermore they offer a complete array of training services for all 3 triathlon disciplines and are one of only 7 USAT Certified Performance Training Centers. We got to see the endless pool as well as the very cool Computrainer (computerized indoor trainer) room capable to handling 8 cyclists in head to head rides and/or races. If you missed the meeting, be sure to check them out yourselves.

### **Cycles de Oro / Giant Bicycles - Bike Clinic for Women**

Tuesday night, Dec. 3, 7 PM, Jen Audia, Liv/Giant's field representative, will conduct a (free!) clinic for women. It will cover the on-the-road/trail essentials, mechanical basics (flat tires for instande!) and feature a question & answer session by the very savvy Jen.



### **Everyone is invited!**

Please join us for this great program, great people, gift certificate door prizes, finger food and liquid refreshment!

All taking place right here at [cycles de ORO Bike Shop, 1410 Mill St., Greensboro.](#) <http://goo.gl/maps/G9v42>

RSVP would be nice so we can plan according!

Tracie at [pt1heavner48@gmail.com](mailto:pt1heavner48@gmail.com) Dale at [dalebbrown@gmail.com](mailto:dalebbrown@gmail.com)

## **RACE REPORTS AND CALENDAR**

Did you know that our website has a section on [race reports](#) and will soon have a [race calendar](#). Even if you are not looking to win a race, races help push through ones personal boundaries and provide athletes with meaningful short, medium, and long term goals critical to your ability to remain motivated in your training. One of the most fun, stressful periods of the "off season" is the planning process for the upcoming race season. Race reports are very helpful for teammates trying to decide which races to do at the start of the next season. They provide valuable information regarding the race venue (Beach start or deep water start, hilly or flat, hot or cold, etc) and how the race was conducted (Wave start or mass start, congested bike course or not, good food/aid stations, etc). In addition, they are a great tool for the author to reflect back on the event and identify what worked well and not so well in training or during the race. Race reports can be a freeing experience. Please consider writing race reports after each milestone race. Share them with the team by emailing them to [Simon Cloutier](#) and we'll make sure that they get added to the website to benefit all.

## Sponsors

### Gold



## Silver

**WANT TO SPONSOR TTT?**

## Bronze



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858.565.9500

The advertisement features a scenic background of a coastline with mountains and a large rock formation in the water. The text is overlaid in various colors and fonts to highlight the discount program.

**Club Code: C-TRIAD**

***Please support the businesses that support the Triad Triathlon Team. Please see the website for a list of all of our sponsors.***

### **The Team Mission**

**The mission of the Triad Triathlon Team is to promote friendship and fitness through the sport of triathlon. The team provides information, motivation, training support and social activities for athletes of all ages and abilities.**

**The team includes youth, novice and elite triathletes. The team can help you achieve your fitness and athletic goals, while providing you a chance to make new friends and contribute to our community.**

Please feel free to respond with any suggestions for future newsletter topics [here](#).

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