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# Triad Triathlon Team Newsletter

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### QUICK LINKS

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

[Facebook](#)

[Google Groups](#)

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## February 2014

### Team Meeting

Just a quick reminder that we will not be having our monthly team meeting in February as it falls on February 14th (aka Valentine's Day)

We will start up again in March!

See our [Facebook](#) page or contact [Mary Roach](#) for more details.

### New TTT sponsors!

The TTT has been working hard to secure team sponsorship for the 2014-2015 seasons! Expect a complete communication of the details regarding sponsorship and team discounts within the next month or so.

### TTT Appreciation Day - OMEGA SPORTS

Mark your calendars for March 8! Omega sports has signed on as a new sponsor of the Triad Triathlon Team and will be hosting a TTT appreciation day on Saturday March 8th. A portion of their sales from that day will be donated to the Triad Tri Team. Please tell your friends, acquaintances, bosses, colleagues, and family members to stop by Omega Sports. The TTT will have a tent setup and will be able to

provide information about the team and even sign up new members on the spot!

Don't forget that TTT members benefit from a 10% discount at Omega!!!

[Omega Sports](#) is located at 2431 Battleground Ave. Greensboro.

## UPCOMING EVENTS!

### Brick Training Series

It's too cold to swim outdoors, but nothing prevents us from challenging ourselves with a top notch Brick Workout. The TTT has teamed up with E3 Elite Human Performance to provide you with a fully supported and timed brick training workout!!!

We will offer participants the opportunity to performance a sprint, olympic, or Half Iron distance brick workout with the bike leg being performed indoors in E3's awesome Computrainer room. The computrainer can simulate any bike course in the world in a very realistic and fun manner. Cyclists can see themselves on a computer screen as they compete against 7 other cyclists in real time. The run course will be outside and consist of a one mile loop.

Both the bike and run legs will be fully supported with water, energy drink, gels, and food!

Both legs will be timed and you will also receive a detailed analysis of your bike leg including stats such as avg speed, cadence, power, spin efficiency, etc.

This is a can't miss opportunity and space is limited so sign up by visiting our website at [www.triadtriteam.com](http://www.triadtriteam.com) or clicking on the event below.

Sprint and Olympic Distance Brick Training sessions are on **Feb 16th**

Half Iron Distance Brick Training session is on **March 2nd**

Pricing for the event is as follows and is less than the normal cost of the computrainer session alone.

[Sprint \\$10 / \\$20 \(TTT Member / Non-Member\)](#)

[Olympic \\$15 / \\$30 \(TTT Member / Non-Member\)](#)

[Half Iron \\$25 / \\$40 \(TTT Member / Non-Member\)](#)

TTT Membership starts at only \$35. Sign up day of event and we'll comp the difference!

### Swim Clinics

The second swim clinic of a 2 clinic series is scheduled for March 2 at 3:30 PM will be conducted by Karen Buxton of [www.coachbuxton.com](http://www.coachbuxton.com).

Both are fantastic coaches and we recommend that you come to both clinics to get there 2 points of view.

We will start at 3:30 PM with some dry land instructions followed by 1 hour of in water group instruction including drills, open water technique and swim instructions.

Cost for this clinic will be \$5 for members and \$15 for non-members.

Please arrive early to register and change prior to the dry land instructions. Participants who join the team the day of the event will be

credited for the difference in cost.

Hope to see you there!

## Triathlon Training Camps and Group Training Programs

Coach Buxton and Off n Running Sports have teamed up to provide triathlon specific group training camps and programs. TTT members get 10% off advertised price. Full details about the packages may be found on the [off n running sports](#) website but here are just a few of the offerings and details!

### **70.3 TRIATHLON MINI-CAMP**

Friday, May 9, 2014 through Sunday, May 11, 2014

The clinic will be geared to all levels of athletes who are preparing for the Raleigh 70.3 or other early half and iron-distance triathlons. We will limit the number of participants in order to 15 to provide a more personal level of instruction. Throughout the 3 days, athletes will train under the supervision of Karen Buxton, USAT Level III-certified coach and owner of Coachbuxton.com.

Participants MUST be a member of USAT

<http://www.usatriathlon.org/membership-services/join-or-renew.aspx>

The cost of the mini-camp is \$250 and includes: Tech training shirt, nutritional products and other swag bag goodies from Off'n Running and coachbuxton.com; a one-time purchase discount of 15% off at Off'n Running; Friday evening refreshments & a Saturday box-lunch; pool swim instruction with video analysis; an open-water session with kayak support & wetsuits available to test from Off'n Running; a sag-supported Saturday ride and optional shorter ride on Sunday; a functional strength session (with Dr. Damien Rodulfo, CCSP); and a yoga session (with Phoebe Hyatt).

### **2014 BELEWS LAKE OLYMPIC DISTANCE TRAINING GROUP**

#### Details

- \* Must sign-up by February 11th (registration forms available at Off N' Running)
- \* 8 -week training plan will start on 2/17/14 and will end with the Belews Lake Olympic Triathlon,
- \* Limited to 15 participants
- \* First group workout is Thursday February 20th
- \* Remainder of meeting dates: 3/1, 3/8, 3/13, 3/22, 3/27, 4/6 & 4/10 (week-day meetings PM & weekend meetings AM).
- \* Meeting dates/times are subject to weather conditions and may be cancelled and or rescheduled due to inclement or unsafe conditions
- \* Cost-\$140

#### Benefits

- \* 8-week training plan posted on Trainingpeaks.com
- \* One coached group workout or meeting each week
- \* Access to coach-monitored forum on Trainingpeaks.com

- \* One-time purchase discount of 15% off at Off N' Running
- \* Pearl Izumi Tri-top and shorts, race belt & lots of great swag from Off N' Running & Coachbuxton.com
- \* Tech "finisher's T-shirt" following the completion of the Belews Lake Olympic Triathlon
- \* Topics covered: swim, bike & run form; race-day pacing & nutrition; general bike maintenance; transitions; strength and flexibility
- \* Training group participants who sign-up for an individual coaching plan with Coach Buxton within 3-months of finishing the program will have the "start-up fee" waived

## **2014 TRY A TRI FOR HOSPICE TRAINING GROUP**

### Details

- \* Informational meeting at Off N' Running March 25th
- \* Must sign-up by March 31st (registration forms available at Off N' Running)
- \* 6 -week training plan will start on 4/7/14 and will end with the Try a Tri for Hospice Super-Sprint on May 18, 2014 at The Ridgewood Swim & Tennis Club, Summerfield, NC
- \* Limited to 15 participants
- \* First group workout is Wednesday April 9th at 6:00 PM (meeting place TBA)
- \* Remainder of meeting dates: 4/16, 4/23, 4/30, 5/7 & 5/14
- \* Cost \$120

### Benefits

- \* 6-week training plan posted on Trainingpeaks.com
- \* One coached group workout or meeting each week
- \* Access to coach-monitored forum on Trainingpeaks.com
- \* One-time purchase discount of 15% off at Off N' Running
- \* Pearl Izumi tri-top and shorts, race belt & lots of great swag from Off N' Running & Coachbuxton.com
- \* Topics covered: swim, bike & run form; race-day pacing & nutrition; general bike maintenance; transitions; strength and flexibility
- \* Training group participants who sign-up for an individual coaching plan with Coach Buxton within 3-months of finishing the program will have the "start-up fee" waived

## **UPCOMING ACTIVITIES**

### **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. (Starting up again on January 16) 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.

### **Tuesday Swim at the Ragsdale YMCA**

You are invited to join our dedicated TTT members as they train at the Ragsdale YMCA Tuesday mornings. Workouts start at 5:55 AM and last approximately 1 hour. The workouts vary but usually total a 2000 yard main set with warmup and cool down on either side. Attending the training session is free for Ragsdale YMCA members. Otherwise you'll need to cover YMCA fee's. Contact [Wes Koonts](#) for more information.

### **Wednesday Swim at the Greensboro Aquatic Center**

If Tuesday's don't work with your training schedule. We also have a Wednesday morning swim practice at the Greensboro Aquatic Center. Workouts start at 6 AM sharp and last anywhere from 1-1.5 hours. You can select from various planned swim workouts and customize them to suit your individual constraints. Cost is the price of admission to the GAC. Contact [Simon Cloutier](#) for more information.

!

### **Saturday Trail Runs!**

Time:8:30am

Location:Northeast Park 4010 High Rock Rd, Gibsonville, NC

Contact:[Steve Collins](#) (336-549-4965)

Please RSVP on our [Facebook](#) page. We will be using Facebook to provide updates for the event.

Informal training run on the trails at Northeast Park. We will meet at the pool parking area and run the dirt running/bike trails. The plan is for one loop which is roughly 4 miles. There are several opportunities to leave the trail if you do not want to do the 4 mile loop. This will be more social than training pace, but you can go as fast or slow as you wish. Bring your water and good trail shoes. There is no cost associated with this run.

The hope is we will be able to do a run every Saturday and maybe move the location around as the group grows. We can decide as a group what times and locations work best for the majority after we establish a steady group of runners. I anticipate this run to be slower than what you normally run so don't be intimidated about joining us.

### **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.

## **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**

***Please support the businesses that support the Triad Triathlon***

***Team. Please see the website for a list of all of our sponsors and***

***TTT discount providers.***

### **Platinum**



### **Gold**

# EPC

## ELITE PERFORMANCE CHIROPRACTIC



**GREENSBORO  
ORTHOPAEDICS**  
DOCTORS FOR AN ACTIVE LIFE

Silver



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**HEALING HANDS  
CHIROPRACTIC**

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 **FRIENDLY DENTISTRY**  
FROM OUR SMILE TO YOURS  
G. Ribando DDS, R. Clark DDS, M. Wilkinson DDS, B. Semones DDS

Bronze





### 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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Triad Tri Team | 3417 Deep Green dr. | Greensboro | NC | 27410