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# Triad Triathlon Team Newsletter

## IN THIS ISSUE

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## January 2014

### Team Meeting

Mark your Calendars for January 10th at 7:00 PM. We will be meeting at Off'n Running Sports. There will be time to socialize and conduct a quick meeting. After that, the staff at Off n Running will talk about the different shoe brands they carry and explain the features of each shoe type. There will also be a gait analysis to help team members understand what type of shoe best fits their running style. Bring your own running shoes. Remember that TTT Members get 10% off at Off n Running sports!

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

### Xterra Wetsuits Team Buy! - Extended until Jan 10th

For a limited time only, the Triad Triathlon Team has partnered up with Xterra Wetsuits for an exclusive team purchase opportunity offering a 68% Discount off the website MSRP!

To benefit from this opportunity, contact [Simon Cloutier](#). Please be prepared to submit your order details (contact info, product/qty, sizing) and payment (Check payable to Triad Triathlon Team) no later than January 10th.

### SPECIAL RECOGNITION

We had our annual "world famous" TTT Christmas Party just a few weeks ago! We all had a great time. This years party could not have taken place were it not for the generosity of fellow TTT member Bonny McClain and her family who allowed us to hold the party in her home. Thanks Bonny!!!

Additionally, it must be noted that the incredible door prizes were all donated by TTT sponsors and supporters, including Elite Performance Chiropractic, E3 Elite Human Performance, Trivium Racing, Performance Bike, Off n Running Sports, Jones Racing Company, and Coach Karen Buxton. These companies support us, so please support them!



## 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, contact [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

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### **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 your 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.

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### **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**

#### **Gold**



Silver

**WANT TO SPONSOR TTT?**

Bronze



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**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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