



Hello El Paso Triathlon Club – Check us out at www.elpasotriclub.com Short email this week. More races in next weeks email and a great race report!

CONGRATS

To all who raced at the Spring Fling Tri and the White Sands Wind Triathlon this past weekend. Our own Dirk de Heer took 1st place overall and his dad, just visiting us, took 8th place overall. Great Job!! TO MARK BALSIGER - HE FINISHED THE NORTH POLE MARATHON IN A LITTLE OVER 8 HOURS. FROM WHAT I COULD READ IT WAS 26.2 MILES ON A FLOATING PIECE OF ICE (A BIG PIECE) WITH SOFT SNOW AND ICE LEDGES. CONGRATS TO MARK ON THIS OUTSTANDING TRIAL OF ENDURANCE.

Here is a note from Mark about the race - you can also go to www.northpolemarathon.com to check out the race!

Toughest eight hours these old bones ever experienced. Great video and pics (click on "FLICKR" of the webpage: www.npmarathon.com)

It was minus 35 Fahrenheit with a ten mile an hour wind which figures out around minus 55 wind chill. At least with a circular course, we were only truly wind blasted half the time.

Truly beautiful and mystically quiet. The sheer awareness of being on top of the world and the aura of the spot itself was at times rapturous, that is when the wind was at your back, and you were just minutes away from your last cup of hot tea in the "rest area" tent.

I'm back now, resting, and happy to report that I have still ten toes and ten fingers.

Thanks for your support.

Cheers,

Mark Balsiger

GOOD LUCK

To Luc and Cara Wells who are racing this weekend in Mexico. Don't forget to stick with the bottled water. To John Himes who is racing the RAGE Half IM in Henderson, NV. Over 6000 feet of climbing on the bike alone.

Good luck to all have have a great time.

WEEKLY TRAINING ALERT - IF IT IS WINDY (STREETS SIGNS MOVING) WE WILL CANCEL THE WORKOUT AND STAY INDOORS! REMEMBER - TUESDAYS RUNS WILL BE AT THE CORNER OF HELEN OF TROY AND RESLER. THE THURSDAY RUNS WILL STAY AT UTEP. THE WEATHER IS GREAT – COME OUT AND RUN WITH US.

TUESDAY RUN – 6:00 PM – CORNER OF HELEN OF TROY AND RESLER THURSDAY RUN – 6:00 PM – UTEP POOL/FITNESS CENTER SATURDAY RIDE – 8:00 AM – RIVER RUN PLAZA - followed by a short run off the bike! SUNDAY RIDE – 8:00 AM – RIVER RUN PLAZA – Matt Granberg is looking for some Sunday riding partners. If you want to ride on Sunday you know where to go

TRIATHLON GEAR

We sold almost all of our El Paso Triathlon Club uniforms, but we do have some left. We also have t-shirts and hats available. We hope to have it posted to the web within the next couple of weeks. Here is a little of what we have left. Email if you are interested!

2 - mens tri tops (medium)

3 - tri suits (2 med/1 large)

Is anyone interested in El Paso Triathlon Club cycling jerseys? Please send an email if you would like one or ten! Everyone please check out TRI PAWS at www.muskyhusky.com ! One of our members, Mariana Balsiger, runs this great company and website. She designs triathlon and active wear apparel, a lot of it specially made for women! She has some great stuff on hand that is ready for racing and training. Please check out the website – you will be impressed!



RACES

04-18-2009 **Half Ironman Rage, Las Vegas, NV** Pretty hilly hard Ironman in the Las Vegas area. WHO CARES HOW HARD IT IS – YOU'RE IN VEGAS, BABY! <http://www.bbsctri.com/rage.html>

04-18-2009 **Collegiate Nationals – Special Sprint Race Open to Age Groupers**

500M Swim / 30K Bike / 5K Run Marti Greer (877) 719-4957

<mailto:marti@buffalospingslaketriathlon.com> www.buffalospingslaketriathlon.com

Registration Closes at 500 entrants – USAT SANCTIONED

NOTE: Only the sprint race is included in the series. The Collegiate Championship race is a team event and is not open to age groupers.

04-26-2009 **ATOMIC MAN DUATHLON – USAT SANCTIONED**

10K Run / 40K Bike / 5K Run (Fat Man) 4K Run / 15K Bike / 4K Run (Little Boy)

Jeff Johnson / Frank Cherne (505) 577-4353 / (505) 662-5834

<mailto:duathlon@triatomics.org> www.triatomics.org/duathlon

Registration Deadline: April 25 / No Race Day Registration

SOUTHWEST CHALLENGE SERIES NEWS The 2009 Southwest Challenge Series Schedule is out. Over 30 races to choose from! The schedule is posted on www.elpasotriclub.com. You can also visit their web site at www.southwestchallengeseries.com

2009 SPONSORS AND MEMBER DISCOUNTS Please support and thank our great sponsors! **SOUTHWEST TACTICAL** – provides discounts for El Paso Triathlon Club Apparel **QUANTUM ENGINEERING** – supports the El Paso Triathlon Club through donations **CRAZY CAT CYCLERY** – 15% DISCOUNT on all triathlon apparel and accessories **UP AND RUNNING** – 10% DISCOUNT and VIP enrollment **BLUE LIZARD APPRAISALS** – 15% off monthly promotions **HUMAN PERFORMANCE CENTER** – Free VO2 MAX test for new members.

CLOSING Thanks to everyone for their support of triathlon in the El Paso Community. If you have any suggestions or ideas for the El Paso Triathlon Club please email or call us – the more input the better.

Matt Emrich - El Paso Triathlon Club - 915-490-6874