



Hello El Paso Triathlon Club – Check us out at www.elpasotriclub.com Short email this week – sorry it is late, but work has been crazy!

CONGRATS To everyone who completed the Transmountain Challenge. We are still trying to find the results for the Raptor Duathlon and the Super Sully Sprint Triathlon – please send them to us or bring them to the meeting on Sunday!

GOOD LUCK To Dirk de Heer – he is doing his first Half Ironman this weekend in Galveston, TX. He is going to do great!

To Mark Balsiger – he is going to the NORTH POLE to complete the North Pole Marathon. This is a grueling race that was cancelled last year because the weather never cleared. He got the call and it looks like they will be able to fit it in this year, so Mark is leaving Saturday AM. If his travelling plans allow, he is going to fly the El Paso Triathlon Club Banner on the North Pole. Please wish him good luck for a great race and safe journey!

To Tamara Elliot – The winner of the Rocket TT Helmet!!!!

2009 EL PASO TRIATHLON CLUB MEETING/BBQ

The meeting went great – we had a lot of food and fun. We gave away a lot of great stuff! Here is a recap of what we discussed.

- The Club is up to date with USAT and all insurance dues have been paid.
- We are going to start driving members to the website for information and spread the emails apart.
- We are in solid financial shape
- The uniforms came in and they look great. We have some extras, but they are going fast.
- We are up to 53 members.
- We reaffirmed our goal as a club to have fun and spread the word of triathlon in the El Paso community.

TRANSITION TRAINING

Francois Modave put on a great class for the El Paso Triathlon Club. We had about 7 members attend the class, and everyone learned something. I guess the key to transition is the KISS principal. Please thank Francois when you get a chance.

We will try to schedule another class when the races slow down

WEEKLY TRAINING 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 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

04-11-2009 **WIND TRIATHLON – DEADLINE PAST** 5K Run / 35K Bike / 400M Swim Brent Jones (575) 678-3374 - brent.k.jones@us.army.mil - <http://www.wsmrmwr.com> (click on "Bell Gym") Bell Gymnasium / PO Box 400, WSMR, NM 88002 Registration Deadline: March 28 FIRM **NOTE: RACE START AT 0730 MUST be at security gate BEFORE 0530!!** 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 thanks 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