



Hello El Paso Triathlon Club – Check us out at www.elpasotriclub.com

NEW TRAINING SESSIONS AND A RACE IN RUIDOSO THIS WEEKEND! SOCIAL THIS FRIDAY!

CONGRATS

TO BOBBY GONZALEZ - 4TH PLACE OVERALL AT THE BUFFMAN & SQUEAKY OLYMPIC BEST OF THE US. 2ND FASTEST SWIM AND RUN. GREAT JOB!!

WEEKLY TRAINING - NEW TRAINING!

The participation at the training sessions has been a little slow. Do we need to change something? Come out and get in some great training!!!!

Tuesdays – 6:00 PM RUN - Resler and Helen of Troy

Wednesday - 6:00 PM RIDE - River Run Plaza

Thursdays – 6:00 PM RUN - UTEP Fitness Center

NEW TIME FOR THE RIDES

Saturdays – 7:00 AM Ride and/or brick with us at River Run Plaza

SATURDAY 8:00 AM - ASCARATE PARK - BRICK TRAINING WITH THE HUMAN PERFORMANCE CENTER (HPC) - ONE OF OUR SPONSORS. MEET AT THE FAR END OF THE LAKE AT THE T-INTERSECTION. FOR MORE INFO EMAIL THE CLUB.

These training sessions are designed for all levels of triathletes. Everything is at your own level of fitness and ability. Come out and join us!!

SOCIAL - FRIDAY 7:30 PM - SUNSET PIZZA - COME ONE COME ALL

WEBSITE

The transition to a new host is almost complete. Check the website for more frequent club updates and events.

WEEKLY EMAILS

In an effort to drive people to the site the weekly emails will now become bi-weekly emails. Check out www.elpasotriclub.com for updated info. The bi-weekly emails will still be packed with great info, but the site will be updated more frequently, so don't wait for the club emails check out our website.

RACES

05-30-2009 RUIDOSO SPRINT TRIATHLON - 7:30 AM
3.5 MILE RUN/10 MILE BIKE/400 YARD SWIM
www.active.com or www.ruidosoathleticclub.com
NOT A SWCS RACE - NO POINTS

05-31-2009 USO Bike Tour
30 and 60 miles - \$25.00 (includes a post race snack and t-shirt)
www.epwu.org/usotour
I can't think of a better way for the El Paso Tri Club to support
the USO than to all show up with aeo bars at a bike ride/race

For a more info on any of these races please checkout www.southwestchallengeseries.com

T-SHIRTS

We have a limited supply on hand (1-S, 2-M, 3-L, 1-XL). If you want a t-shirt send us an email.

THANKS

To all of our members and especially our executive board members (Greg, Cara, Jennie, Francois – our club trainer who makes us all suffer, John, Gretchen and Laura)! Without them a lot of this stuff would not get done!

Matt Emrich
El Paso Triathlon Club