



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

GREAT EMAIL THIS WEEK with a little bit of bad news! Sorry it took so long to get this email out, but work has been beyond insane. New ride time on Saturday!

As some of you all already know the El Paso Aqua Posse F-1 Triathlon in May has been cancelled! It was not because of lack of effort from the Director, organizers or sponsors. We are working with everyone involved to try to get the September El Paso F-1 a thumbs up. It is still on the schedule and we hope for a big turnout. Please check our website for a letter from the Aqua Posse race Organizer.

That was the bad news! On to the good stuff – we have a lot of races in this email and a filler for the above cancellation!

CONGRATS

John Himes – Rage Half IM Finisher

Karim Hagar – Rage Olympic Finisher

Dirk and Isau for representing the El Paso Tri Club and UTEP at the NCAA Club Championships!

Anyone want to write a funny race report?

WEBSITE

We are transitioning to a new host. This will provide us with a lot of flexibility and more features. The membership directory and messaging will be going soon! Thanks to Cara Wells for making all this happen. If it wasn't for her it would not be possible!

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

05-31-2009 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

05-10-2009 Jay Benson Triathlon – Albuquerque, NM
3M run/12M bike/400M swim
Register at www.active.com
ONLY 400 PARTICIPANTS ALLOWED

05-17-2009 Buffman and Squeaky – Lubbock, TX
1500M swim/40K bike/10K run
Dog House Sprint – Lubbock, TX
500M swim/17.6M bike/5K run
DEADLINE – 05-16-2009
www.buffalospingslaketriathlon.com

06-06-2009 Milkman Triathlon – Dexter, NM
500M swim/20K bike/5K run
DEADLINE – 06-03-2009
USAT QUALIFIER FOR NATIONAL AGE GROUP CHAMPIONSHIPS
www.milkmantriathlon.com



06-13-2009 Beat the Heat Triathlon – White Sands Missile Range
7K run/35K bike/400M swim
DEADLINE 05-30-2009 FIRM
Starts at 7:00 AM
www.wsmrmwr.com click on BELL GYM

SPECIAL – We have a member, Cindy Arnold, who live part time in Durango, CO. She has offered to host anyone in the El Paso Triathlon Club wishing to race in the Durango City Sprint Tri on 08-01-2009. www.durangogov.org/specialevents/triathlon.cfm If you are interested contact Cindy at cindylearnold@yahoo.com

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!

WEEKLY TRAINING

Tuesdays – 6:00 PM Run with the El Paso Tri Club at Resler and Helen of Troy

Thursdays – 6:00 PM Run with the El Paso Tri Club at the UTEP Fitness Center

NEW TIME FOR THE RIDES

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

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!!

That's it for this week. Look for another email in 2 weeks. Check the website until then for new info. If something real hot comes up we will send an email!

As always we are always looking for feedback, suggestions, comments, triathlete jokes, ideas and anything else you may be able to contribute.

See you at the training sessions!

Matt Emrich
El Paso Triathlon Club