

Northwest Indiana Triathletes

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Fall 2025 Newsletter

Into the Off-Season!

As the current season winds down, it's the perfect opportunity to reflect on the successes of 2025 and plan for an even more impactful future. This year has been transformative, with the club making significant strides in fundraising, event hosting, and fostering a sense of community among members. Our athletes have proudly represented us on a **GLOBAL!!** stage, showcasing their talents and dedication. Looking ahead, we are excited to embrace innovation and inclusivity, aiming to create an environment where everyone feels welcome and empowered. Our goals include expanding our reach to attract new athletes, enhancing our programs to cater to diverse needs, and fostering a **supportive** network that celebrates both individual and collective achievements. By doing so, we hope to strengthen our community and inspire a new generation of athletes to join us in the pursuit of excellence and camaraderie.



Heads Up:

We have two board positions open!

Board Members:

President - Lilia Clarke

Member Director - Penny Lawrence

Marketing & Online - Carrie Kietzman

Treasurer - Jimmy Burch

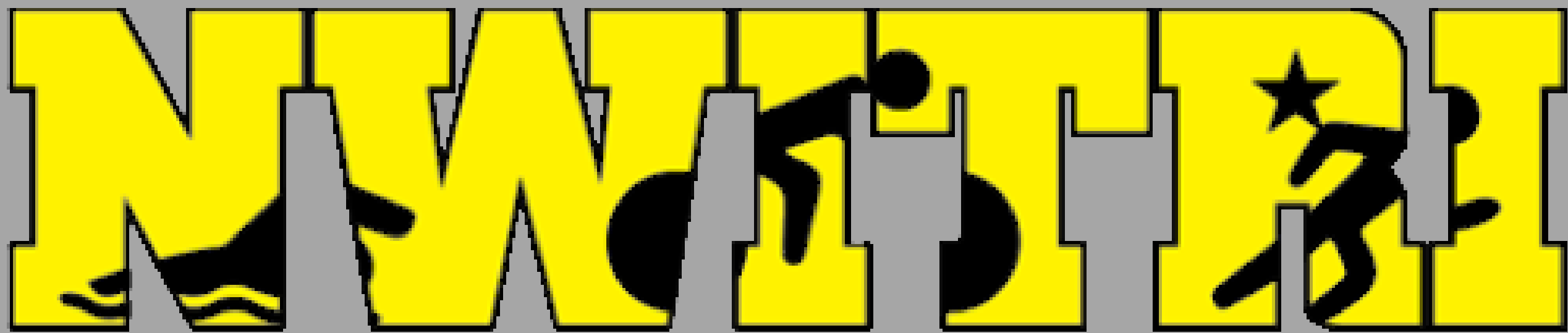
Web - Myles Handley

Event Coordinator - Abby Stein

Secretary - Open

Training & Activities - Open





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What Happened This Season:

- NWI gave back to our community a total of \$850.00 by participating in **Strides Against Suicide** and even raised a total of \$300 (plus the \$850.00).
- The next charity event was the **Blueberry Splash!** We had nearly 15 athletes participate in this fun event!

The more we participate the more we make a difference.

A few of us even joined Paul Stofko, cleaning up our **Dunes**.

And it's almost time to get excited to find an awesome **Turkey Trot** or **Christmas Run!**

Let us know of your favorite off-season and holiday races!

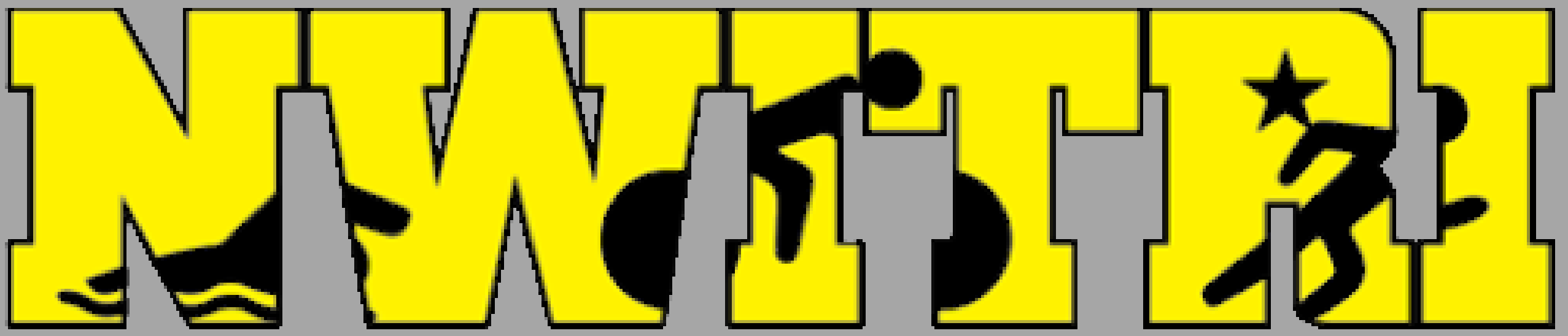
We know not all our members have Facebook to stay connected to learn about events coming up so...
We added WhatsApp!

Click the link below to download and join!
<https://chat.whatsapp.com/NWITri>

Don't we all want to be better athletes?
Well... NWI hosted a Q/A on nutrition in the first quarter of 2025. Didn't attend?
No problem!

We are hosting another Q/A with Coach Jenny Hayes October 23, 2025.
Details below.





Northwest Indiana Triathletes

www.nwtri.org

Upcoming Events & Helpful Tips!

Upcoming Events:

- Q&A w/ Coach Jenny Hayes - *October 23, 2025 @ 6:30pm –7:30pm CT.*
 - Topic: Closing out 2025 races and how to plan for 2026.
- Trek Sponsored Bike Maintenance - more info coming soon!
- End of Year Party - November 8, 2025 @ ByWay Brewery 6pm CT
 - Click this link for directions! 2825 Carlson Dr, Hammond, IN 46323

Healthy Recipe to Try:

Potato Energy Bites

What You'll Need:

1 cup rolled oats, 1 tsp ground cinnamon, 1 tbsp chia seeds, flesh from ½ large russet potato cooked (about ¾ cup), 1tbsp ground flax, ¼ cup maple syrup, 1tbsp salted pumpkin seeds, 3tbsp natural peanut butter, ½ cup dried cherries, 1tsp vanilla extract

In a large bowl, combine oats, chia seeds, flax, pumpkin seeds, cherries, and cinnamon. Then in a separate bowl, mash together potato, peanut butter, vanilla, and maple syrup. Now add potato mixture to oats and stir until everything is combined well. (use hands to mix). Roll into 12 balls and store in the fridge or freezer for up to 2 weeks.

♂ Training Tips

- Build Your Off-Season Like a Pro
- 🧘♀️ Recovery: Incorporate yoga, mobility drills, and strength training.
- 🏊♂️ Technique Blocks: Now's the time to fix that swim stroke!
- 📊 Test, Don't Guess: Do an FTP test and lactate threshold run to track your zones heading into base training.

“The off-season is where champions are made.” – Coach Mel Carter



NWITRI

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A Thank You to Our Members & Sponsors



As the off-season begins, we want to hear what you would like to see!

How can the club help you stay motivated this off-season?
Should we bring back weekly **Zwift** rides? **Trail** runs? **Pool** swims? Winter Strava and Garmin challenges?

Also! We want to hear from you!
Why did you join NWITri? What were you looking for? What are your goals for 2026?

You can email to NWITriathletes@nwitri.org

or

Call our club president, Lilia at [\(303\) 727-0703](tel:(303)727-0703)

Giddy UP!!!

