

# Sunrise Triathlon Club 2010

2009 Southwest Region Cat 2 Champs  
LIVING THE MULTI-SPORT LIFE & STYLE. Swim Bike Run  
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[http://www.xterrawetsuits.com/special/login\\_code.php](http://www.xterrawetsuits.com/special/login_code.php)

I enjoyed seeing you all out at Matt's place for the kickoff party, especially all the new members and I applaud those of you that have stepped up to bring Sunrise to a new level in training opportunities. As you can see, the fruits of the labor put forth by those that volunteer have a tremendous positive impact and payback to the community and I see a ripple effect as more members are stepping up and filling in when others can't.

If you were at the kickoff party, you would have heard me say that there will always be a need for volunteers and you will be asked to volunteer but you also heard me say, "Its ok to say no." But then the rain came and what you didn't hear me say was this:

Sunrise has the largest membership of the healthy minded, fitness minded clubs in the area with a membership of nearly 200. That being said, we also have the fewest amount volunteers helping out at like minded club events.

The success of the Sunrise Series relies heavily on volunteers. Two of the clubs that support us every year in mass are Team LasS'port and the Shreveport Bike Club. Year after year they show up a help man the bike route.

I would love for us to rally and reciprocate in 2010 by committing a dozen Sunrise Volunteers for the Rocky Mt Bike Race during the weekend of May 15th. This event is just North of Bossier and is as big a deal to them as the Sunrise Series is to us. Like the Sunrise Series, Rocky Mt Road Race brings in athletes from several states and is full of color and excitement and fun to help at. You will have a fun day.

You will see some emails in the very near future asking for help during the Sunrise series and the Rocky Mt Bike Road Race. You don't have to a member to volunteer, family members and friends that support you are welcome to be part of our dozen + commitment.

Thank you for your continued support.

Doug



The Sunrise Rise rises is open for online registration. We certainly promote and encourage the use of online registration as it simplifies the lives of the many volunteers. All paper entrants' data is for time keeping is entered by hand demanding more time.

Paper apps will be available in the very near term and available for pick up at Sport Spectrum or from our website.

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# Clinics!

## SHOE CLINIC – Monday, May 3rd, 6pm

Justin Reneau will host a Running Shoe Clinic for all Sunrise Members – to include exclusive deals.

Location:  
Sportspectrum

## NUTRITION CLINIC – Coming in May!



# Happy Birthday!

- Derek Ellis, Apr 9<sup>th</sup>
- Jordan Wellborn, Apr 11<sup>th</sup>
- Karen Pendleton, Apr 15<sup>th</sup>
- Scott Harville, Apr 18<sup>th</sup>
- Emily Bouso, Apr 20<sup>th</sup>
- Paul Burch, Apr 25<sup>th</sup>

\*If we missed your birthday, our apologies. Please send birthday info to Renee.

# SPONSOR UPDATES!



XTERRA WETSUITS, our wetsuit sponsor, has a new website – [www.xterrawetsuits.com](http://www.xterrawetsuits.com). There, you can select from all their products. After you have selected your wetsuit, you will see your product in your SHOPPING CART AND CHECKOUT page. At “Step 1: Calculate Tax & Shipping” you will be asked for your COUPON CODE. This is where you enter our team/club (*send email to Renee Umstead to request CLUB CODE (renee.umstead@att.net)*) code and hit APPLY COUPON. Your Group Discount will automatically appear under each product and you’ll be able to continue with your order.

Here are the current promotions for XTERRA WETSUITS’ 2010 current product line:

- VOLT - \$99
- Vortex3 john - \$129 (reg. \$300)
- Vortex3 fullsuit - \$179 (reg. \$400)
- VectorProX2 john - \$199 (reg. \$400)
- VectorProX2 fullsuit - \$299 (reg. \$600)
- Vendetta fullsuit - \$500 (reg. \$695)
- Velocity 0.02 speedsuit - \$99 (reg. \$250)
- Velocity++ speedsuit - \$119 (reg. \$350)

# Kick-Off Party Recap

For those who attended and for those who missed it. The 2010 Kick-Off Party was a smashing blast!

FANTASTIC FOOD catered by Wind Rush Restaurant, Chef Horacio D'Agostino provided amazing food. And deserts provided from many Sunrise Members (Tanya, we still want that strawberry dessert recipe!). ☺

Many new faces in the crowd and lots of seasoned vets! Doug presented Seth his certificate from USAT for South Midwest Region 2<sup>nd</sup> Place Age Group Ranking for 2009. We then had our first of many "ticket" drawings and the following Sunrise Members won! Congrats!

Daniel Anderson - Free entry to Sunrise Series

Terry Harkey - One year subscription to Triathlete Magazine

Kim Owen - One year subscription to Triathlete Magazine

Sunrise would like to thank Matt Brown and his family for their hospitality and for allowing Sunrise to invade their home.



KICK-Off Party Photos!



