



# Sunrise Triathlon Club 2010

2009 Southwest Region Cat 2 Champs  
LIVING THE MULTI-SPORT LIFE STYLE. Swim Bike Run  
May 2010, Issue 5

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Greetings Sunrise! Whew, April sure did fly by fast! May is here with the kick-off of Sunrise Series this weekend! Good luck to all those who are racing!

A HUGE, HUGE thank you to Jason, Daniel, Mike, Patrick, Tim, David and Tony for coordinating the "training" runs and rides. Starting Sunday with the 3pm intervals and going through Saturday for the 8am brick workout. If you have NOT come out to a group run or group ride, PLEASE do so! Don't be afraid to push outside your comfort zone. You are not going to be left out there alone! Our fabulous lead trainers are giving up their own family and training time to help us, please take advantage of these awesome training opportunities. Not only do you get top notch training, you will get a fantastic workout and get to know more club members. And the BEST part about all of this is it is FREE!

Don't forget to come to the Shoe Clinic on Monday, May 3<sup>rd</sup>, 6pm, Sportspectrum! Lots of new tri gear will be available for a one night only discount for club members.

Happy Mother's Day to all the MOM's out their!



<http://www.feedthemachine.com/>



<http://sportspectrumusa.com/>



[http://www.xterrawetsuits.com/special/login\\_code.php](http://www.xterrawetsuits.com/special/login_code.php)



Happy Mother's  
Day to all our  
mom's!

HAPPY  
MOTHER'S  
DAY!

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# Clinics!

**Beginner Triathlon & Nutrition Clinic**  
**Saturday, May 1<sup>st</sup>, 2-4pm**  
**Town South Pool** (address below)

**Shoe Clinic, Monday, May 3<sup>rd</sup>, 6pm**  
**Sportspectrum**

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

**Come on out and join the fun!!!!**



# Happy Birthday!

William Guthrie	May 2 <sup>nd</sup>
Julie Andreoni	May 4 <sup>th</sup>
Laura Taylor	May 6 <sup>th</sup>
Monica Nix	May 9 <sup>th</sup>
Rosemary Kimball	May 9 <sup>th</sup>
Scott Barrow	May 9 <sup>th</sup>
Major Wallace	May 11 <sup>th</sup>
Jim Balfe	May 12 <sup>th</sup>
Mia Cook	May 12 <sup>th</sup>
Doug Gotberg	May 13 <sup>th</sup>
Kim McLain	May 14 <sup>th</sup>
Nick Tullos	May 14 <sup>th</sup>
Josh Clayton	May 17 <sup>th</sup>
Kirsten Wiederkehr	May 17 <sup>th</sup>
Louise Smyth	May 17 <sup>th</sup>
Angel Martin	May 19 <sup>th</sup>
Marcus Taylor	May 22 <sup>nd</sup>
Nicole Smith	May 22 <sup>nd</sup>
Rick Allison	May 22 <sup>nd</sup>
Lanya Bernard	May 23 <sup>rd</sup>
Scott Cook	May 27 <sup>th</sup>
Chris Andreoni	May 28 <sup>th</sup>
Daniel Martin	May 30 <sup>th</sup>

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

## SMW Region on YouTube

The USAT SMW Awards Banquet, Year in Pictures" video is on YouTube. This 9 minute video includes a collection of photos from events throughout our region and includes many smiling faces and clubs from all over our region. Please enjoy: <http://www.youtube.com/watch?v=qmWo3cbM98c>.

## Beginner Triathlon & Nutrition Clinic

**Saturday, May 1<sup>st</sup> 2-4pm**

**Town South Pool**  
9630 Smitherman Dr, Shreveport, LA.

**New and Experience Members welcome to attend.**  
**We will have a mini transition area set up for beginner triathletes.**

**Experienced Ironman Triathletes Tony Bouso, Mike McHalfey and Denise Cook, LDN, RD will conduct a Beginner Triathlon & Nutrition Clinic.**

