

# Old Town Tri Club

Member Newsletter - April 2009



## Coll's Corner

I'd like to welcome all of you to the new Old Town Tri Club (OTTC)!

Founded just two months ago, the purpose of the club is to offer fun and challenging workouts for athletes interested in triathlon. Many of the workouts will be located right here in Old Town or in the Alexandria area.

Become a new member of the club by using the meetup website [www.meetup.ottc.org](http://www.meetup.ottc.org), which is also the best way to get information about our workouts, clinics, and other activities.

Member benefits include:

- Group swim, bike, run, and BRick workouts
- Monthly meetings and clinics, such as bike maintenance and nutrition
- Social events, such as pre-race pasta parties, fun runs and happy hours
- Discounts and sponsorships by local shops, such as LaMuse, WheelNuts, and Del Ray Wellness
- Mentoring program for newbie triathletes
- Access to members only meetup website featuring upcoming workouts, clinics, and this great newsletter!

OTTC dry fit shirts are coming. Keep a look out for information on the website.

So stop procrastinating and make sure you meet your New Year's resolutions this year.

Spring is here so come out and join us for a workout, whether you are experienced or a beginner, all are welcome.

Also, check out the team website [www.ottc.org](http://www.ottc.org).

Hope to see you out there enjoying spring training.

Oh yeah, if you still haven't signed up for a race yet, hurry up, slots are filling quickly. Check out our website for some upcoming club triathlons.

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## April Clinic/Meeting

Did you miss the March Clinic on triathlon transitioning and nutrition? Don't miss this one! Meetings will be held once per month.

The April Clinic will be **Monday, April 6** at the

Durant Center, 1605 Cameron Street, in Old Town. Ron Taylor from Wheel Nuts will demonstrate bike maintenance. The room can accommodate about 25 people so RSVP early. This clinic is perfect for all of you

who need to dust off those bikes after the long winter. (However, no bikes at the meeting please).

We will also discuss upcoming events and other OTTC news. RSVP to the meetup site.

The May meeting is Tuesday, May 5<sup>th</sup>.



## Mentoring Program

We are starting a Mentor/Mentee program. In order to start the program, we need Mentors and Mentees! So if you are new to triathlon and have questions you need answers to, or need some guidance with your training or nutrition plan, you are perfect for a Mentee. And those who may not have all the answers or may not be the fastest, but have some triathloning experience, then you are perfect for a Mentor.

Please contact Darryel or Kenneth for more information regarding the Mentoring program.  
darryel@ottc.org

## What are USAT and USMS?

So what are USAT and USMS and why are they important to you?

USAT stands for U.S. Triathlon Association and it holds the insurance for a good portion of the triathlons out there. You can join for an annual fee of about \$39 or pay about \$10 per race. Most races will make you show your USAT card or pay the \$10 fee upon entry.

USMS stands for U.S. Masters Swimming and it holds the insurance for Masters Swimming workouts and competitions. This is only important to you if you plan on doing swims with a Masters Swimming team. (Several of the swim meetups have been with Chiquapin Recreation Center Masters Swim Team).



## Athlete Spotlight: National Marathon Finishers

In this section of each newsletter, we will highlight an athlete member of the Old Town Tri Club. Learn about your fellow teammates, glean some wisdom from their experiences, and put a face to a name.

The SunTrust National Marathon & Half Marathon took place on March 21, 2009 in Washington, D.C. Three OTTC members competed in the marathon, each with their own story...

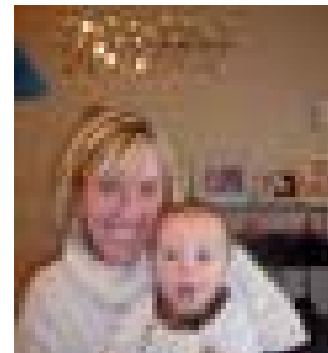
The National Marathon was **Aaron Mihalik's** very first marathon. When I asked Aaron about how he decided to do the marathon, he just



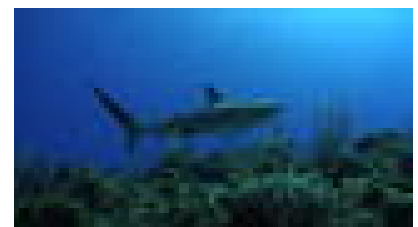
said very casually, "I was running with some people each week and they said to me, Aaron you might as well just do the marathon with us since you are doing all the training runs with us...so I signed up!" And what a good job he did with a finishing time of just under 3:30. Congratulations Aaron!

I, yours truly, **Colleen Monahan**, have a different story. I had a baby girl named Kasey who is now ten months (she's the cutie in the picture). I wanted to get back into shape a bit. I've done several marathons before but my goal wasn't to get a best time. I just wanted to feel like myself again, doing something I loved. I

was thrilled when I broke 4 hours and as a bonus, I beat my husband, featured below...



**Kenneth Monahan** was chicked by his wife... what more can be said?? I guess he turned into a shark. Following the race, he quickly signed up for Marine Corps Marathon so we'll have to follow up with him after that race to see if he turns human again.



"I just wanted to feel like myself again, doing something I loved."

## Workout World

OTTC workouts will include run, bike, swim, and BRick workouts. A BRick is a bike workout followed immediately by a run, which will help you get ready for Transition 2 of the triathlon and get your legs used to running after biking.

**YOU CAN HELP!** If you are interested in leading workouts, please contact Darryel at [darryel@ottc.org](mailto:darryel@ottc.org).

**BRicks** - We need volunteers to watch bikes during the run part of the BRicks. Please bring a small backpack to carry your sneakers during the bike part of the BRick, that way the volunteer can do the bike part of the BRick without having to watch sneakers.

**SWIMS** - OTTC has been offering meetups with the Masters Team at Chinquapin Recreation Center for swims. To swim with this team, you must join the Masters Team at Chinquapin and also USMS (see page 2). Once the outdoor pool at the Durant Center opens at the end of May, we hope to have free outdoor workouts and clinics there. Stay tuned!

**RUNS** – OTTC has been offering longs runs, social fun runs, speed and hill workouts, and runs with PACERS shop on King Street every Tuesday and Thursday nights at 7PM.

**BIKES** – We will be beginning bike workouts this month now that the

weather is nice. Please come prepared each ride - be sure to bring all the equipment you need to change a flat should you get one on the ride, your nutrition, sunblock, cell phone, identification, and some money, etc.

For the success of the club, we need volunteers to lead workouts. Thank you in advance for your time! Also, we do not offer coaching at this time.

**Check out the OTTC Club booth at the Nations Triathlon Finish!**

## Giving Back

Please check out the OTTC website to find out ways to give back to the community.

OTTC is involved in a number of charities and we encourage you to support them.

- 3-Day walk for Breast Cancer
- Team-In-Training -The Leukemia & Lymphoma Society
- Charity Treks - The Cure for Breast Cancer (our own Darryel Adams will be completing the trek this summer)
- The Partnership for a Healthier Alexandria.

Also, since OTTC is currently charging no membership fees, we appreciate any donations to the club. This will help us get the club up and running!



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Old Town Tri Club

[www.OTTC.org](http://www.OTTC.org)  
[www.meetup.ottc.org](http://www.meetup.ottc.org)

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Old Town Tri Club is perfect for beginner, intermediate, and advanced triathletes. We are welcoming new members and encourage you to spread the word about our new club. Founded in February 2009, we hope that you help us create a successful and fun club for your triathloning adventures.



*Tri not to feel Old*

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## Our Sponsors

Mention that you are an Old Town Tri Club member and receive a 10% discount. Links to each of these venues can be found on the OTTC website.

