

APRIL NEWSLETTER



Volume I, Issue I

Trigals Race Escape



Michele Weinstock, Angela Trusch, Brenda Bennett, Michele McCutcheon, Laura Glover, Rebecca Chesser and Kristin Freeman.

11 Trigals raced at the Escape from Fort DeSoto triathlon on Saturday, April 10th which included a 1/2 mile swim, 10 mile bike and 4 mile run. The swim was not as

bad as some Trigals anticipated but the bike provided a challenge because of strong winds. The run was fun as always with a brief run up and down the hills of the historic Fort.

Trigals that raced were:

Michele Weinstock
Betsy Decidue
Michele McCutcheon
Kristin Freeman
Laura Glover
Jodi Walker
Elaine Banas
Jennifer Gagnon
Cathy Facer
Brenda Bennett
Rebecca Chesser

Trigal husbands that raced were Paul Hough, Ron Wordon and Chuck Walker. This was Chuck's first full triathlon. He did Chilly Willy in February.

April Social at Stacie's house



Westchase. Bring something to

April's social will be held this Friday, April 16th at 6:30 pm at Stacie Marlin's house in

drink and/or eat to share.

We have the team t-shirts to give out but we're out of size smalls so we have placed an order for more. If you want a medium or larger size, you can get yours that night!

We are also going to have some

raffles and prizes at no cost—just for fun.

For this social, there will be no speakers, just time to socialize, eat, drink and have fun.

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Upcoming Races:

- St. Anthony's Triathlon—Sunday, April 25th
- Maddogs—Madeira Beach, Sunday, May 23rd
- Dunedin Triathlon at Honeymoon Island—Sunday, June 6th.
- Siesta Key duathlon and triathlon, Saturday, June 12th



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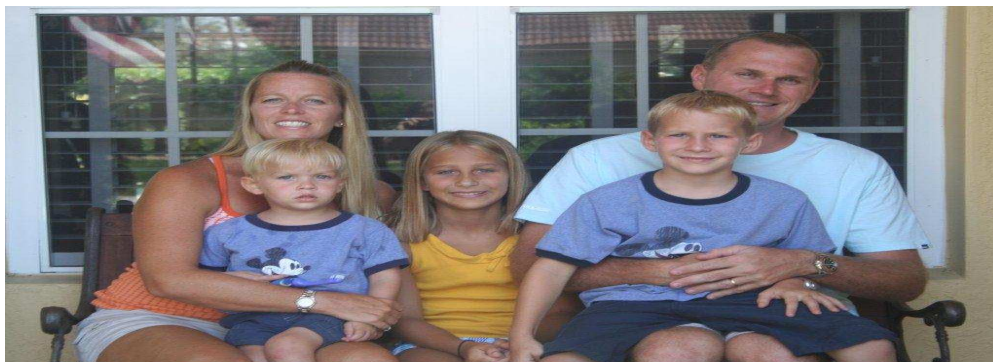
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Melissa's very first 1/2 Ironman



Club president Melissa Class will be racing her first 1/2 Ironman this coming Sunday, April 18th in New Orleans. Her husband Steve will also be racing with her which has given her a training partner and supporter. This week Melissa and Steve are happy to be tapering and excited about their race. They will be driving to New Orleans with their bikes on Friday. Good luck Melissa and Steve, we will be cheering you on and watching your status on the www.ironman.com.

Trigal Focus



Each month we will be focusing on a different Trigal so that everyone can get to know her better. This month's Trigal Focus is on Rebecca Chesser. Rebecca is new to the club having just joined in February. Her first duathlon was Chilly Willy. Her first triathlon was this past Escape from Fort DeSoto where even a flat tire coming out of T1 could not stop her.

Rebecca has three children—Ashley 11, Gavin 6 and Cooper 3. Her daughter Ashley is on a gymnastics team at Le Fleurs where she practices for 3 hours 4-5 days a week! Rebecca is a native Floridian, born in Fort Lauderdale and raised in Venice Florida. Rebecca and her husband Dan are both UF Alumni—GO GATORS! She started running in the 8th grade and her whole family including 2 sisters and her dad did races all over Florida from Fort Meyers to Jacksonville. Rebecca usually works out and runs at Lifestyles and it was there that she met Melissa who convinced her that she could do a triathlon. She started swimming with Coach Kelley in August. Her next race is Muddy Buddies where she and her husband are a team and they are competing against her sisters who are a team. Aside from working out, Rebecca loves to scrapbook and travel.

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SPONSOR NEWS



SPECIAL TOP GUN TRIATHLON SIGN-UP THIS SATURDAY ONLY!

Stop in to Outspokin this Saturday April 17th from 3:00 to 6:00 pm and get \$10.00 off your sign up price for Top Gun Triathlon!

Check our web page and training calendar at www.thetrigals.com

Please give our sponsors your business whenever possible, we hope to list their specials in this newsletter each month from now on:

- 1) Outspokin Family Bicycles & Pro Shop <http://outspokin.net>
- 2) Sharon Durrett, www.durrettorthodontics.com
- 3) WestchaseWow.com, World of Westchase
- 4) Foot and Ankle Center of Tampa - Dr. Lowrey <http://www.drLOWREY.com/>
- 5) American Running Company - www.americanrunningcompany.com
- 6) Ely Contracting and Handyman Services
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- 7) Optimum Performance www.myoptimumperformance.com
- 8) Sheldon Road Chiropractic and Massage Therapy
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