

## Trigals Take Over Honeymoon Island



On Sunday, June 6th, 17 Trigals raced at the Dunedin Triathlon held at Honeymoon Island. Laura Glover came along to take pictures and cheer us on and we were all saying how much it meant to have someone shouting your name while you raced. Trigals that raced were:

- Evelyn Delelys
- Vanessa Montengra
- Stacy Marlin (Brittany also raced)
- Cathy Facer
- Brenda Deacon
- Rosalaura Elbooz
- Jennifer Gagnon
- Lori Wordon (Ron also raced)
- Cathy Facer
- Joan Stolz (Scott also raced)
- Christy Young
- Kandi Marlowe
- Laura Bisesi (Phill also raced)
- Stephanie Hickey (3rd in her age group)
- Brenda Bennett
- Kelli Maynard
- Jodi Walker (Chuck also raced)
- Christina Box (Anthony also raced)

The run portion was a bit too off road and hot but we all finished and enjoyed some wonderful beers afterwards. This picture was taken with Chris Corbo from American Running Company.

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### Upcoming Races

- Morton Plant Triathlon, Sunday, June 27th
- Moss Park Triathlon, Duathlon, Aquabike Festival July 17th, 18th Orlando
- Sunday, July 25th, School's Out Triathlon Sand Key
- Publix—Fort DeSoto, Saturday, August 21st



## JUNE NEWSLETTER



Volume 3, Issue 1

## When can you swim laps at Westchase Swim and Tennis?

Lots of homeowners are frustrated to arrive at the pool and find all of the lanes taken by the swim team. The summer swim schedule has changed a few times but is finally set. All swim team groups swim at the Countryway pool so the Village pool is always open for swimming laps but it is very warm so bring lots of water!

### Morning Schedule

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Masters Mon, Wed & Friday 5:00 am—7:00 am (pool not open to non masters at all)

Age Groupers Swim Team Mon—Friday 7:00—9:30

Novice Swim Team Mon, Wed, Fri, & Sat 9:30—11:00 Tues & Thurs 11-12:30

Trigal Swim Tues & Thurs 10-11

### Afternoon Schedule

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Little Flippers Mon—Thursday 3-3:45 pm

Novice Mon, Wed, Thurs 4:00—5:00 pm

Age Groupers Mon, Wed, Thurs 5:00—6:00 pm

Right now, we only have 4 Trigals during Trigal swim and would love to have more join us. You can try it out for free 1 time to see if you like it. Coach Kelley is really an incredible coach and I have improved so much under his direction.

## Jeckyll Island Turtle Crawl Triathlon

Michele Weinstock placed 2nd in her age group at the May 3rd Olympic distance triathlon in Georgia's beautiful Jeckyll Island. Former Trigal Jamye Specht came in 1st in her age group in the sprint triathlon.

## July Social

The July social will be Friday, June 16th at Karen Hough's house in Westchase. Address is 10206 Millport Drive, Tampa 33626. Bring a dish and/or drinks to share with everyone. Our speaker is a new sponsor for the Trigals—Shelly Masters of East West Acupuncture and Wellness Center

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## JUNE NEWSLETTER SPONSOR NEWS



Join us Wednesday June 23rd at 7pm for a special event. Spencer Smith will be hosting a transition clinic in store starting at 7pm. He will be sharing his experience and knowledge

to help you get ready for your best race yet.



Zoot Ultra Tempo for 87.75! They also have fuel belts, lace locks and the Nike Free on sale!

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**Check our web page and training calendar at [www.thetrigals.com](http://www.thetrigals.com)  
We are lining up sponsors already for our annual Iron Distance Challenge  
and 2011 if you have contacts!!!!**

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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](http://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](http://www.americanrunningcompany.com)
- 6) Ely Contracting and Handyman Services  
[pately5@yahoo.com](mailto:pately5@yahoo.com) 813-431-9412
- 7) Optimum Performance [www.myoptimumperformance.com](http://www.myoptimumperformance.com)
- 8) Sheldon Road Chiropractic and Massage Therapy  
[www.sheldonroadchiropractic.com](http://www.sheldonroadchiropractic.com) 813-884-1457