



Dear PRTC Members,

The holiday season has arrived! The weather is getting colder and we're now doing a lot more of our workouts indoors. If you haven't already, you should start planning your 2018 season -- set goals and develop your off season training plan.

Know that your club has many resources at your disposal. Our experienced triathletes are more than happy to help you. Please do not hesitate to ask! We are also putting together some activities, such as swimming practices and trail runs. Keep an eye out for these on our Facebook page. Note that if it's a club organized event, you will need to have a waiver signed before you participate. If it's an event organized by an individual just to get together with friends, a waiver is not required.

Your board is focused on finding ways to increase the value of your membership. At previous club meetings, a lot of great ideas were discussed. We are in the midst of making these ideas reality. I encourage each of you to come to our meetings and share your ideas.

We hold our club meetings on the 2nd Tuesday of each month. The next is our annual members meeting. It will be held on Tuesday, December 12th at Mad Moon (used to be Coffee Quarter.) We will start promptly at 7 pm and should be done by 8 pm. These meetings are open to all current and prospective members. We look forward to seeing you there!

Enjoy the holidays and stay safe!

Mark De Luca

Board/Officer Elections

Our board and officers have done exceptional work over the past year. To Simon Richardson, Jerry Barnett and Bethany Torres, I thank each of you for the commitment of your talents, time and energy. Together, we are growing our membership and organizing events that help our members to become better triathletes.

At the members meeting, we will elect our board members/officers for the 2018 calendar year. I've emailed instructions along with the list of nominees. If you have not received these instructions, please let me know by writing to the club's gmail account: paxrivertriathlon@gmail.com.

Kids' Tri

We also need a volunteer to step up to be our race director for the 2018 Kids' Tri. Haylee Coffey did an exceptional job this past year and had planned to lead it again this coming year. However, her job-related travel prevents her from being here for four months of the year. Haylee will work closely with her replacement to ensure a smooth handover. Planning starts as early as March. If you are interested, please send an email to the club's gmail account or contact Haylee directly.

Please note that we have applied for a grant with USAT Mid-Atlantic. If approved, it would be worth \$500! This will go a long way to helping us meet our expenses while keeping the registration fee low.

Club Membership for 2018

After the members meeting, we will be sending out a message asking you to renew your membership for the 2018 calendar year. Please keep an eye out for this message. If you do not receive this message by the end of December, please send a note to the club's gmail account.

Races

Please let us know how you do in your races by sending the details to paxrivertriathlon@gmail.com . If you have a race planned, please let the rest of the club know. You could set up group training and even travel and compete together. Please remember to send me your results and photos so I can include them in the newsletters, or post them to the club's Facebook page.

The 6th Annual Hot Chocolate Run, organized by the Chesapeake Bay Running Club, will be held this Saturday, December 16th in Leonardtown. For details, please see our Facebook page or contact Kerri Ritchie.

The 5th Annual Frozen Heart 50k, also organized by the CBRC, will be held on Saturday, February 24th. Again, for details, please see our Facebook page or contact Kerri Ritchie. For a first-timer 50k training plan with lots of cross-training days, please see the club's Google Drive Dropbox <https://drive.google.com/drive/u/0/my-drive>, Training Plans folder.

Tom Fisher and Kerri Ritchie are ambassadors for Rip It Events. Please contact one of them before you sign up for a race. They can give you a discount code.

Tom and Kristen Swift are ambassadors for the Virginia/Maryland Triathlon Series (VTS/MTS) and have discount codes for the 2018 season. These codes can save you 10% on your race fees. They can be used by people who are either first-timers or new to "that event", which means they haven't raced that race in the last 5 years. Club members can contact either one of them to get the discount code. These discount codes are good for all VTS/MTS events. Note also that VTS/MTS recently acquired Piranha Sports' 8 triathlons in the mid-Atlantic.

In addition, REV3 Triathlon offers discounts on their race fees for clubs that send at least 10 members to a race.

Upcoming Events

If you are planning a club event, please send the details or the link to the event to the club's gmail account paxrivertriathlon@gmail.com . Events are posted on the club's Facebook page

<https://www.facebook.com/groups/PaxRiverTriClubPublic/events/>.

Standby for details on swimming sessions at one of the local indoor pools (Pax River Drill Hall, St Mary's College, CSM Leonardtown, Great Mills Pool) and for runs on local trails (St Mary's City, St Mary's River State Park.) Please let us know what days and times are most convenient for you!

The following events are being planned:

December 12, Patuxent River Tri Club Annual Members Meeting

January (Date TBD) Rick Hageman and Bethany Torres are working together on a physical therapy-oriented informational session.

February (Date TBD) Penny Barnett is working with Mike Land to organize an informational session on running mechanics.

Early-May 2018. St Clements Island Open Water Swim & Picnic. Simon Richardson is planning a swim from the museum and back, followed by a club picnic.

Spinning and Water Aerobics Classes: Simon Richardson leads the following classes every week.

- Spinning classes:
 - Monday 4:45pm Location: Energy Zone, NAS Patuxent River, MD - 45 minute class strength/Intervals/Endurance
 - Wednesday 5:30pm Location: World Gym Lexington Park , MD - 60 minute class strength/Intervals/Endurance
- Water Aerobics classes:
 - Tuesday 5pm Indoor Pool, NAS Patuxent River, MD - 60 minute

endurance/pump
