



TRIumph! Triathlon Team Training – 2019 Overview

Team training sessions are **subject to change** based on weather, facilities, and needs of the Team.

For **all the details** and **up-to-date information** please follow us on Facebook <https://www.facebook.com/Triumph.Tri.Team>

Date				Time	Team Training/Notes	Location	Address
Sun	Jan.	27	3:00pm	2019 Team Kick-off Party		Water Resource Ed. Center – Comm. Room	
Sat	Feb.	2	1-2pm	Try on samples of Team Racing Kits		Active NW	8050 E Mill Plain Blvd, Vancouver, WA 98664
Thurs	Feb.	7	6:30pm	Try on samples of Team Racing Kits		Marshall Center	1009 E McLoughlin Blvd, Vancouver, WA 98663
Sun	Feb.	10	6:00pm	Indoor Swim Practice – Series #2 Week 4 of 6		Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
			---	Casual Apparel Pre-Orders & 50% deposit are due!		see Chris Needham	
			---	Race Kit and Gear Online Store CLOSE		teamstore.ascendsportswear.com/store/triumph-triathlon-team/	
Sun	Feb.	17	6:00pm	Indoor Swim Practice – Series #2 Week 5 of 6		Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Mon	Feb.	18	7:00pm	Board Meeting		Reed Creative	1887 Main St #201, Washougal, WA 98671
Thurs	Feb.	21	6:30pm	“Everyone Starts Somewhere” Triathlon 101 Clinic		TBD	
Sun	Feb.	24	6:00pm	Indoor Swim Practice – Series #2 Week 6 of 6		Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Sun	Mar.	3	4:30pm	Track Workout for Triathletes Week 1 of 4		Hudson Bay High School Track	Corner of Fort Vancouver Way & McLoughlin
			6:00pm	Indoor Swim Practice – Series #3 Week 1 of 6		Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
<i>Daylight Savings Time</i>							
Sun	Mar.	10	4:30pm	Track Workout for Triathletes Week 2 of 4		Hudson Bay High School Track	Corner of Fort Vancouver Way & McLoughlin
			6:00pm	Indoor Swim Practice – Series #3 Week 2 of 6		Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Thurs	Mar.	14	6:30pm	Running Power - Hill Workout Week 1 of 4		Leverich Park – lower parking lot	NE Leverich Park Way, Vancouver, WA 98663
Sun	Mar.	17	4:30pm	Track Workout for Triathletes Week 3 of 4		Hudson Bay High School Track	Corner of Fort Vancouver Way & McLoughlin
			6:00pm	Indoor Swim Practice – Series #3 Week 3 of 6		Kennedy Fitness Center - School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Mon	Mar.	18	7:00pm	Board Meeting		TBD	
Thurs	Mar.	21	6:30pm	Bike Fix-A-Flat and Road Repairs Clinic		TBD	
Sun	Mar.	24	See event	‘Couve Clover Run		Vancouver, WA	
Thurs	Mar.	28	6:30pm	Running Power - Hill Workout Week 2 of 4		Burnt Bridge Creek Trail/Discovery Trail	1617 N Devine Rd, Vancouver, WA 98661
Sun	Mar.	31	4:30pm	Track Workout for Triathletes Week 4 of 4		Hudson Bay High School Track	Corner of Fort Vancouver Way & McLoughlin
			6:00pm	Indoor Swim Practice – Series #3 Week 4 of 6		Kennedy Fitness Center – School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Thurs	Apr.	4	6:30pm	Running Power - Hill Workout Week 3 of 4		Leverich Park – lower parking lot	NE Leverich Park Way, Vancouver, WA 98663
Sat	Apr.	6	3:00pm	Bike - Shifting, Gears & Handling Clinic		Frenchman’s Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sun	Apr.	7	7:00am	Bike to Run Brick – Spring Classic Preview		Home Depot - parking lot SW corner	11633 NE Glenn Widing Dr, Portland, OR 97220
			6:00pm	Indoor Swim Practice – Series #3 Week 5 of 6		Kennedy Fitness Center – School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Thurs	Apr.	11	6:30pm	Running Power - Hill Workout Week 4 of 4		Burnt Bridge - Discovery Trail west end	Corner of NW Fruit Valley and NW Bernie Drive
Sun	Apr.	14	See event	Spring Classic Duathlon		start line @ Home Depot	11633 NE Glen Widing Drive, Portland, OR.
			6:00pm	Indoor Swim Practice – Series #3 Week 6 of 6		Kennedy Fitness Center – School for the Blind	2301 E McLoughlin Blvd, Vancouver, WA 98661
Mon	Apr.	15	7:00pm	Board Meeting		TBD	
Thurs	Apr.	18	6:30pm	Cycling Speed		Frenchman’s Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sat	Apr.	20	8:00am	Bike to Run Brick		Horseshoe Lake	Park Road, Woodland, WA 98674
Thurs	Apr.	25	6:30pm	Cycling Power		Meet at Kline/Salmon Creek Park	1112 NE 117th St, Vancouver, WA 98685
Sat	Apr.	27	2:00pm	Open Water Swim Clinic		Horseshoe Lake	Park Road, Woodland, WA 98674
Sun	Apr.	28	See event	Blooms to Brews		Horseshoe Lake	Park Road, Woodland, WA 98674
Tues	Apr.	30	6:30pm	Fueling and Hydration for Success Tri Clinic		TBD	

Thurs	May	2	6:30pm	Open Water Swim	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Sat	May	4		Walk & Run for the Animals		
Sun	May	5	6:30am	Big Day Training for 70.3	Horseshoe Lake	Park Road, Woodland, WA 98674
			8:30am	Practice Tri for Short Course	Horseshoe Lake	Park Road, Woodland, WA 98674
Tues	May	7	6:30pm	Cycling Power	Meet at Kline/Salmon Creek Park	1112 NE 117th St, Vancouver, WA 98685
Thurs	May	9	6:30pm	Open Water Swim	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Tues	May	14	6:30pm	USAT Race Rules and Race Strategies Clinic	TBD	
Thurs	May	16	6:30pm	Open Water Swim	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Sat	May	18	8:00am	Practice Tri	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Mon	May	20	7:00pm	Board Meeting	TBD	
Thurs	May	23	6:30pm	Open Water Swim	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Sat	May	25	8:00am	Practice Tri	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Tues	May	28	6:30pm	Cycling Speed	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sat	June	1	See event	<i>Blue Lake Tri, Du, AquaBike - Super Sprint & KIDs Tri</i>	Blue Lake Park	21224 NE Blue Lake Road Portland, OR
Sun	June	2	See event	IM 70.3 Victoria	Victoria B.C.	
Sun	June	2	See event	<i>Blue Lake Tri, Du, AquaBike - Sprint & Oly</i>	Blue Lake Park	21224 NE Blue Lake Road Portland, OR
Thurs	June	6	6:30pm	Open Water Swim	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sat	June	8	8:00am	Cycling – Two Bridge	Meet at Warehouse 23 overflow parking	Corner of Columbia Street & Columbia Way
Thurs	June	13	6:30pm	Cycling Power	Meet at Kline/Salmon Creek Park	1112 NE 117th St, Vancouver, WA 98685
Sat	June	15	8:00am	Bike to Run Brick Repeats	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Mon	June	17	7:00pm	Board Meeting	TBD	
Thurs	June	20	6:30pm	Cycling Power	Meet at Kline/Salmon Creek Park	1112 NE 117th St, Vancouver, WA 98685
Sat	June	22	8:00am	Practice Tri	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
Tues	June	25	6:30pm	Open Water Swim	Vancouver Lake Regional Park	6801 NW Lower River Road, Vancouver, WA
June 28, 29, 30			see event	Pac Crest Weekend	Sunriver, OR	
Sat	July	6	8:00am	Practice Tri	TBD	
Tues	July	9	6:30pm	Bike to Run Brick	TBD	
Mon	July	15	7:00pm	Board Meeting	TBD	
Tues	July	16	6:30pm	Open Water Swim & Run	TBD	
July 20-21			see event	Hagg Lake Tri & Off Road Tri	Scoggins Valley Park/Henry Hagg Lake	50250 SW Scoggins Valley Road, Gaston, OR 97119
Aug. 3-4			see event	Lucky Tri Festival	Horseshoe Lake	Park Road, Woodland, WA 98674
Thurs	Aug.	8	6:30pm	Open Water Swim	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sat	Aug.	10	7:00am	Practice Tri	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Tues	Aug.	13	6:30pm	Open Water Swim	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Fri	Aug.	16	see event	Columbia River Tri – Kid's Tri	Frenchman's Bar Regional Park	9612 NW Lower River Rd, Vancouver, WA 98660
Sat	Aug.	17		Sprint & Oly Co-ed Triathlon, Duathlon & AquaBike		
Sun	Aug.	18		Girlfriends All Women's Sprint Tri, Du, AquaBike & 5k		
Mon	Aug.	19	7:00pm	Board Meeting	TBD	
Sat	Aug.	24	7:00am	Bike to Run Brick	TBD	
Thurs	Aug.	29	6:30pm	Cycling Power	TBD	
Sat	Aug.	31	7:00am	Bike to Run Brick	TBD	
Tues	Sept.	3	6:30pm	Open Water Swim	TBD	

Sept. 7 - 8			see event	Best in the West - Long Course & Sprint Tri & Du	Lewis Creek Cnty Park (Foster Reservoir)	44450 North River Drive Foster, OR
				Best in the West - Oly Tri & Du, Kid's Tri & Du, TRY-a-Tri		
Sun	Sept.	15		Apple Tree Marathon & Half		Vancouver, WA

Updated: Feb. 8, 2019