



*The Tri-Shark Triathlon Club  
is for those who swim, bike and  
run in Central Illinois*

## Club Facts & History

founded in 1994  
headquartered in  
Bloomington, IL



a USA Triathlon Club

**350+ members in the Mid-West**  
a 501(c)3, not for profit organization  
promotes the **Tri-Shark Triathlon Classic** (600 yard swim, 13 mile bike, 5k run)  
**AND Evergreen Lake Sprint** (500m  
swim, 40k bike, 5k run) & **International Triathlon** (1.5k swim, 40k bike,  
10k run)

## Membership Benefits

various discounts from local and regional  
sponsors

**customizable club race-wear**

**FREE:** Tri-Shark Club hat and race belt for  
new members

reservable club bike case and wheels

club meetings/newsletters/guest speakers

online club forum and club classifieds

annual Winter Social, Ironman Hawaii

gathering, **group fitness classes**, other  
special events.

## Group Workout Details

**Miller Park:** In the summer we get together  
as a group and swim in the open waters  
with life guards on duty.

**Trainer Rides:** Keeping you warm even  
when it's cold out, we have trainers to hook  
up your bike for a group spin!

Sign up at [www.tri-shark.org](http://www.tri-shark.org)

**Time Trials:** You can find us at Comlara  
Park for a race against the clock. Just bring  
your bike and helmet and be ready to  
pedal in all kinds of weather!

**Annual Dues: \$20 for singles  
\$30 for families of two or more  
\$10 for college students**

## FAQ's

**What is the order of sports?**

Swim, bike, run.

**What is a duathlon?**

A duathlon consists of only two of the sports, typically the run, bike, run.



**Are all triathlons Ironmans?**

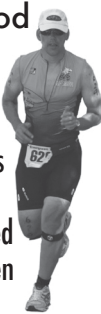
No, there are many different distances: Sprint, Olympic, Half Iron and even "mini" triathlons.

**What are the various race distances?**

A Sprint is approximately 400-600 yard swim, 13.1 mile bike & a 5k/3.1 mile run. An Olympic is a 1500 meter swim, 40k bike & 10k run. A Half Ironman is a 1.2 mile swim, 56 mile bike & 13.1 mile run. An Ironman is a 2.4 mile swim, 112 mile bike & 26.2 mile run

**Do you have to be a good swimmer to compete?**

Not at all; the swim is the shortest and least time consuming part of each race. There are even triathlons with pool swims that are great for beginners but you'll eventually need to be comfortable swimming in open water.



**Are triathlons expensive?**

Being a triathlete can be done fairly reasonably. Most registration fees for shorter races range from \$25-\$60. Half Ironmans and Ironmans are more expensive due to the amount of preparation, staff and insurance required.

## Community Involvement

Maybe it's because we love to be outside, or maybe we're just environmentalists at heart but as a club we really do care about our community.

We organize and encourage members to get together and help pick up debris along the Constitution Trail.

Several members participate in charitable organizations such as The Annual Polar Plunge to benefit the Special Olympics.

In an effort to keep our club growing and encourage kids to get moving, we collaborate with Normal Parks and



Recreation to organize and hold a kids triathlon training camp and race in the summer. The kids learn the 3 parts to the race and the importance of training and healthy eating.

We also volunteer with other clubs in town to help at their events.

## Triathlon Training

Every winter the Tri-Shark Club organizes a training program for newcomers which are affectionately referred to as "Pups." We introduce a 12-week program to get you ready for your first race, The Tri-Shark Classic, in early June. We organize certified coaches and other experienced athletes and members of the community to assist as mentors to the "Pups," teach swim clinics, discuss proper nutrition and injury prevention.



Sign up at [www.tri-shark.org](http://www.tri-shark.org)