



**Kick Off +
Gear Night +
Frosty Beverages**

Welcome to Team Bright Side

Now in our 10th year!



Roster

teambrightside.com/roster

- **113 Members Total**
 - 83 Chicago Tri
 - 6 Invitational
 - 12 Kids
 - 9 Escape from Alcatraz
 - 3 Triple Challenge

Check out our team roster.
Completed, how much
ly to their efforts here.

Hide fields Filter Grouped by 1 field

<input type="checkbox"/>	Name	Team
TEAM		
<input type="checkbox"/>	Chicago	Count 26
1	Kate Christian	Chicago
2	Erich Michelfelder	Chicago
3	Gregory Tesnar	Chicago
4	Jordyn Kurgan	Chicago
5	Deric Kalamitsiotis	Chicago
6	Mika Johnson	Chicago
7	Parker Budzinski	Chicago
8	Beth Voigt	Chicago
9	Rebecca Diaz	Chicago
10	Ellie Pearl	Chicago

Training Plan





The Chicago Triathlon

Sprint & Olympic Distance training plans can be found at teambrightside.com/training-plan.

Distance

prev		MAY 2022					next
MON	TUE	WED	THU	FRI	SAT	SUN	
25	26	27	28	29	<u>30</u>	<u>1</u>	
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	
<u>30</u>	<u>31</u>	1	2	3	4	5	

 Maintenance Run - Recovery
Mon May 2nd

 Kick Off + Gear Night + Frosty Beverages



Nic's Workout for Monday

Workouts

Monday

Maintenance Run: 20 minutes

On Your Own

Recovery run! It's the end of the first week and HOW do you feel? Use today's run to shake it out. Send gobs of healing blood to those legs. Focus on how you did every workout last week. Smile. Have a piece of

Tomorrow

Rest Day: Training with RPE

On Your Own

Through the course of the season, we will be gauging your effort in workouts based on RPE, otherwise known as "Rate of Perceived Effort". This is in lieu of using heart rate monitors or power meters on the bike.

The Chicago Triathlon

In addition, **athletes will be emailed daily** with their structured workout for the day and the next day, along with any important training announcements.

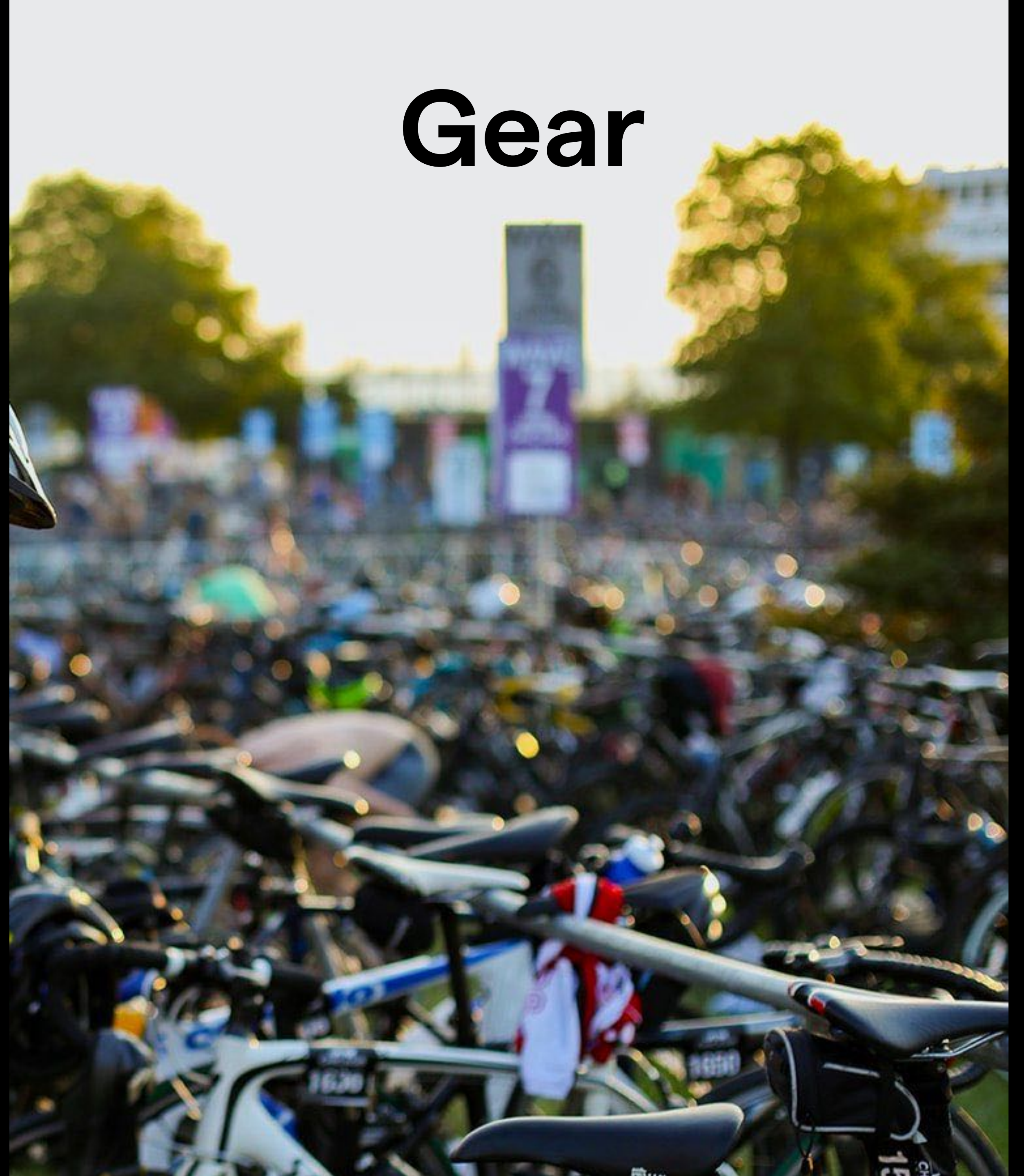
Gear



MANDATORY to race

- Bike
- Bike Helmet
- Clothes to swim/bike/run in
- Shoes

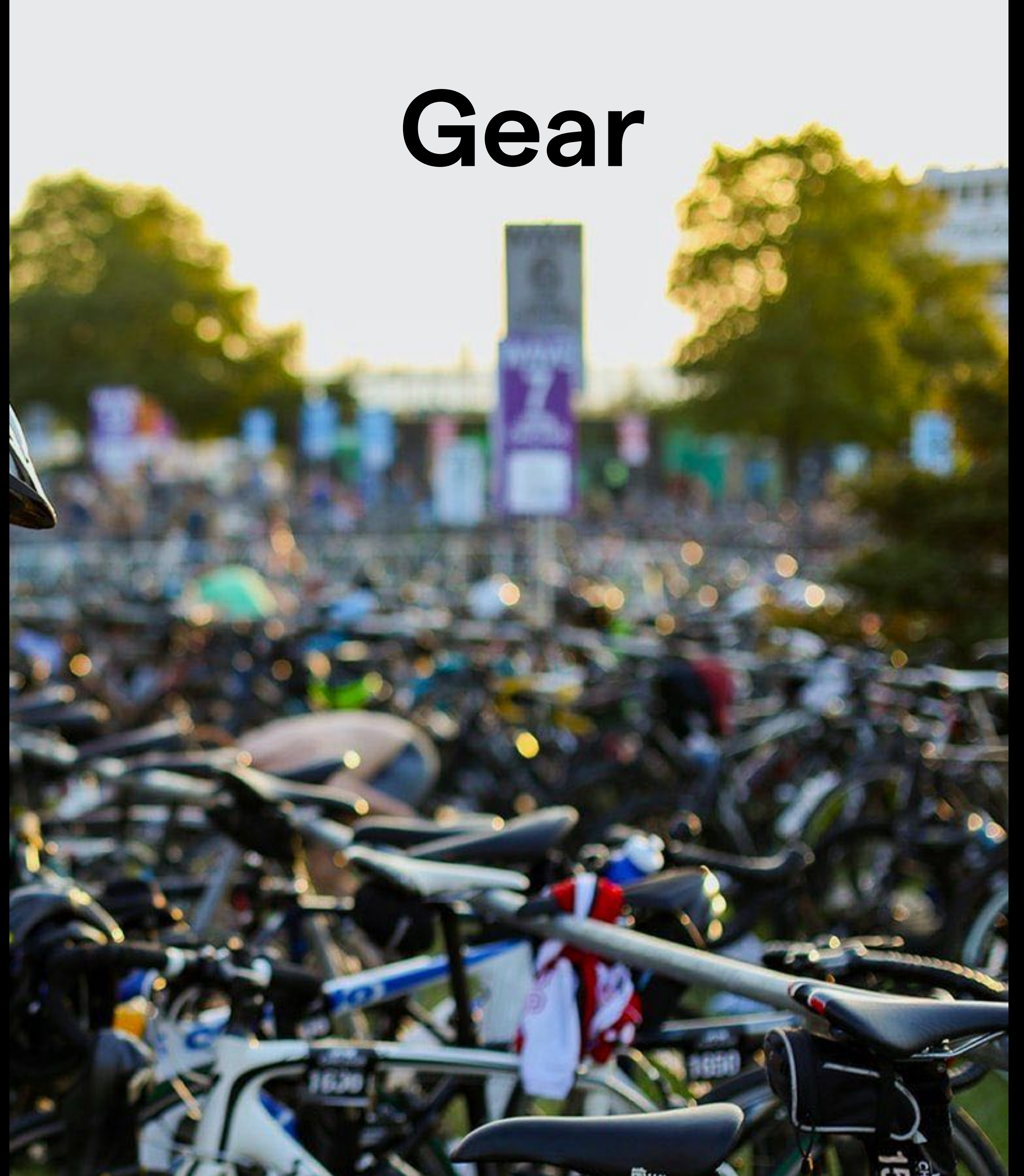
Gear



RECOMMENDED to race & train

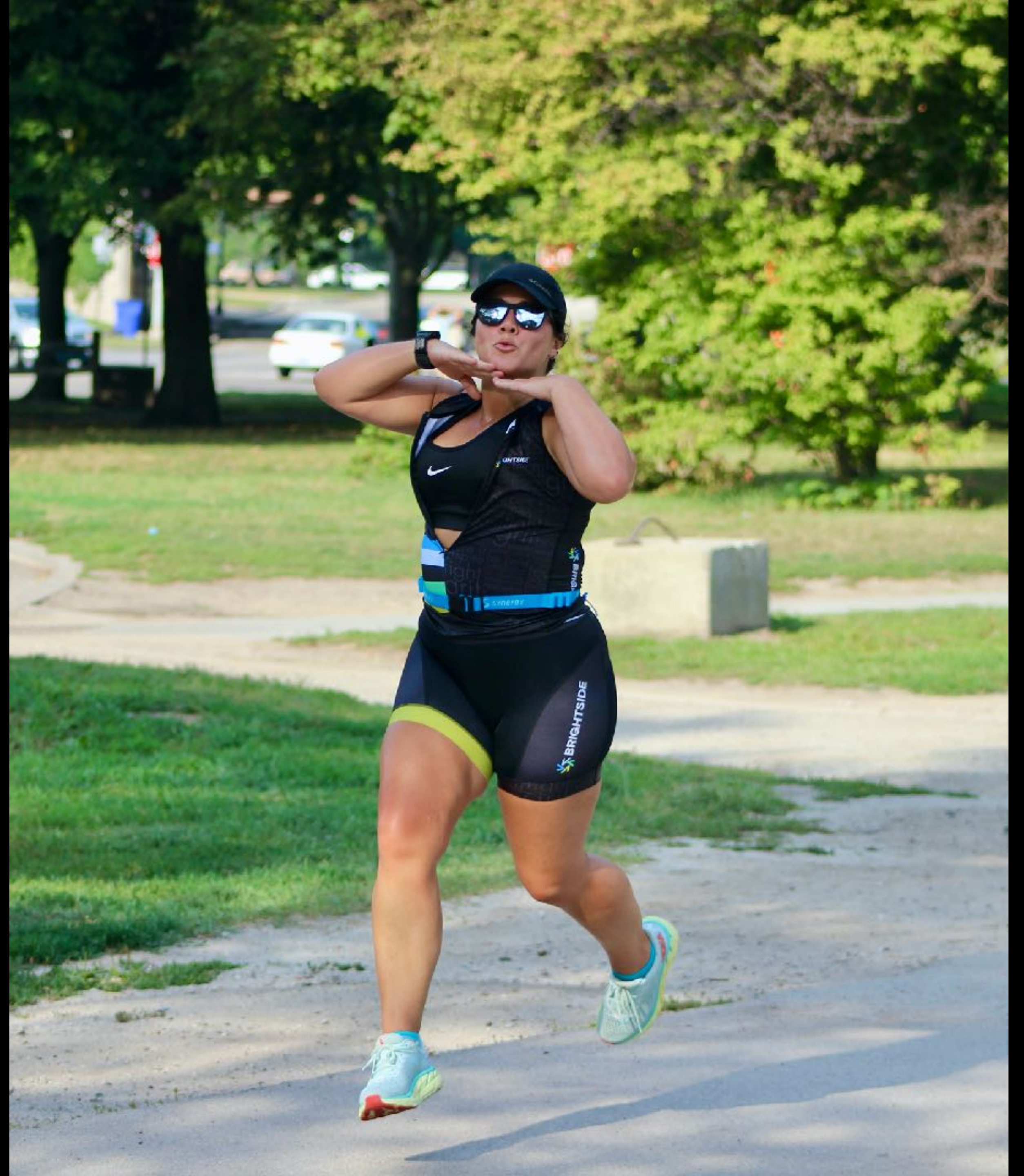
- Goggles
- Wetsuit
- Water Bottles
- CO2 & Accessories
- Phone or Watch
- Sunglasses
- Nutrition

Gear



Running Shoes

- Hands down the number one thing that will keep you from getting injured.
- Get your shoe fit personalized for you.
- Do **NOT** buy shoes based on color.
- ~ \$100 minimum
- **Road Runner Sports**
- Mention Team Bright Side at the Chicago Store, or use code C2X2U393 when you shop online for 10% off.



Bikes

- The bike you have probably works.
- Can't be a fixed gear or "fixie." It has to have two working brakes and the ability to coast.
- A road bike will be the most common, but you will see hybrids, mountain bikes, beach cruisers and Divvy bikes.
- If you need a bike, but aren't quite ready to buy, lemme know. We got options.
- **BFF Bikes**
- Mention Team Bright Side at BFF Bikes to get 10% of parts, labor, and pretty much everything else except bikes.



Other Bike Things

- Water bottles & water bottle cages (\$15)
- Helmet (\$45)
- Flat tire changing kit (\$20)
 - Tire Levers
 - CO2 cartridge
 - CO2 Nozzle
 - Spare tube



Wetsuits

- Coach Nic explains why you want one.
- What's the difference between a \$150 wetsuit and a \$1200 wetsuit?
- **Full sleeve** vs. **Sleeveless**
- **Tyr.com**
- TYR is our swim sponsor. Use the code BRIGHT40 to get 40% off of ANYTHING, including wetsuits.



Goggles

- “No Fog” is a damned lie.
- You will need more than one pair for the season.
- It may take a couple of tries to find the pair you love.
- Tyr.com
- TYR is our swim sponsor. Use the code BRIGHT40 to get 40% off of ANYTHING, including wetsuits.



^^ My faves. The socket rockets. \$9.00.

QUESTIONS?



***NOW GO
FUNDRAISE.***

Frosty beverages to follow at
Off Color Brewing/Moustrap
3925 W. Dickens

**BUT MOVE YOUR CAR!