

Narwhal News

May, 2012

Okay Tri-Group! We hear ya!!!

Mesa Aquatics Club has a huge number of Triathletes, and get calls daily from interest non-members asking what we offer that is Tri-specific. Well. Now we have something. It's amazing. And it's just for you! Lorie Tucker will be heading up Tri-Specific training groups, privates, and bricks. We'll give you more details later, but for now, let's get to know Lorie a little better:

Coach Lorie began her triathlon journey in 2003, after sending the last of her four kids off to All-Day Kindergarten. She was now ready to put her time and effort into a little hobby called triathlon! After her first race, she saw that this was not just a one-time event, but a lifestyle change for her and her entire family. The passion and commitment she gained from training for bigger and longer races, while improving her ability in all three sports, was exhilarating.

As her drive to excel in the sport grew, Lorie hired her first triathlon coach, who helped her achieve her ultimate dream: competing in her first Ironman. She credits the one-on-one communication with her coach, and their understanding about time restraints, ability levels and family responsibility, to her success and longevity in the sport of triathlon. They found a perfect balance of workouts and time off so she did not experience "burnout" like many of her fellow racers.



Along the way of her triathlon journey, Lorie felt the desire to follow in her coach's footsteps and help others achieve their triathlon dreams as well. She recently finished her Level 1 USAT Coaching and USA Cycling Coaching training and is now ready to put her knowledge, experience and passion into the success of other athletes. Lorie understands that desire and reality are often at two different ends of a scale. But from the experience she has gained by competing as a mom first and athlete second, she knows that anyone can wrestle their own gorilla and live to see their dreams become reality.

Coach Lorie was also recently named a member of the USA Triathlon Southwest Region Board of Directors. www.usat-southwest.org/news/new-council.html

May Birthdays!!!

This month's Narwhals who deserve a big song, a chocolate cake, ice cream, and a few candles include:

Alan Holly, Patty Gray, Helen Atkins-Kurtz, Amy Mullaney, Kip Sharpe, and Dorsey Sanchez!!!!

Have a very Happy Birthday!!!!



Joining USMS On Line

There seems to be a little confusion about how to register for your USMS card on line. I'll try to help simplify: we are Mesa Aquatics Club. Regardless if you workout at Kino or at Skyline, you are still a part of MAC. There is a Skyline Swim Club in Tucson...but that's not us. We're MAC, and we're in Mesa. There's another Mesa team, but that's not us either.

They're Sea Dogs. We're Narwhals. Narwhals are swimmers from Mesa Aquatics Club. We workout at Kino and Skyline. So, when you're on line choosing your team, please remember to check off Mesa Aquatics Club. If you're still confused, we have great MAC shirts you can buy. Put one on when you're registering, and if you forget which team to check off, look down at your shirt. That always helps me. If you still have questions, ask Erin or Paul. They're both really smart, and are good at things like this. Especially Erin.

Remember! If you have an epic competition that you have conquered, a personal milestone that you have reached, or just want to be in the Newsletter...please feel free to do your own write up, and send it to Laura at laura.smith.tpa@gmail.com We love keeping tabs on you all, but it's impossible to keep track on everyone! So, send in your accomplishments, add photos if you have them, and we'll put it out for all Narwhals to see!!!!

Go MAC!!!

