



# 2024 INFORMATION MEETING

LET THE ADVENTURE BEGIN...

# The Board of Directors

- ❖ Celeste Callahan - Founder
- ❖ Ana Tolentino - President
- ❖ Adrienne Espinosa - Past President
- ❖ Terry McFarlane - Co Treasurer
- ❖ Robin Peterson - Co Treasurer
- ❖ Mary Carol Nowicki - Secretary
- ❖ Rona Kadish - Grandmasters Executive
- ❖ Carla Thompson - Website Administrator
- ❖ Ellen Campbell- Director of Coaching Operations



# The Crew

## Coaches:

- ▶ Ellen Campbell
- ▶ Stacey Bankston



BEHIND EVERY FEARLESS TRIATHLETE  
IS AN AMAZING COACH  
Who refuses to let them be any but the best  
they can be.

made with mematic

## Level 1 Coaches:

- ▶ Joy Carreno
- ▶ Cindy Braun

# 2024 Season Overview: Group Workouts

## SPRING SEASON

### APRIL, MAY

- ❖ 2 indoor pool swims /week @ ERC
  - ▶ T/Th 7:00-8:00pm
- ❖ 1 Bike Saturdays 9:00am varied locations, weather dependent

## SUMMER SEASON

### JUNE, JULY, AUGUST

- ❖ T, TH, Saturday: Brick Workouts
  - ▶ Tuesday 6:00-7:30 pm cycling strength and power intervals + transition run
  - ▶ Thursday 6:00-7:30 pm Open Water Swim + either bike or run at Chatfield Gravel Pond
  - ▶ Saturdays: 7:30-10:00 am



# INDOOR SWIMMING AT ENGLEWOOD REC CENTER





# OPEN WATER SWIMMING @ CHATFIELD STATE PARK Gravel pond





# POOL SWIMMING: FALL & WINTER CLINICS





# CYCLING: POWER & STRENGTH INTERVAL TRAINING





# RUNNING FOCUS WORKOUTS: Speed and Strength

## Running Kick Off



## *Hills, Burgers, and S'mores*



# 2024 Season Overview: Clinics & Events

- ❖ Run Clinic / Shoe Demo @ RoadRunner Sports
- ❖ Open Water Swim Skills
- ❖ Transition Skills and Set Up
- ❖ Race Course Previews
- ❖ Victory Party





# 2024 Season Overview: Team Races

- ❖ Practice Tri: Early June, Practice event and team potluck brunch, pool swim
- ❖ Loveland Lake to Lake 6/24: Co-Ed. Loveland High School, Sprint, Olympic, Aquabike, [www.lovelandlaketolake.com](http://www.lovelandlaketolake.com)
- ❖ Boulder Peak 7/14: Co-Ed. Boulder Reservoir, Olympic Distance, [www.withoutlimits.com](http://www.withoutlimits.com)
- ❖ Outdoor Divas Sprint 8/18: Women only. Union Reservoir, Longmont, Sprint and Super Sprint, [www.withoutlimits.com](http://www.withoutlimits.com)
- ❖ IT IS NOT A REQUIREMENT TO RACE!! THE OPTION IS THERE IF YOU'D LIKE TO RACE 😊
- ❖ All races fill very quickly. It is your responsibility to register for each race you would like to participate in. REGISTER EARLY!!

# Putting it all together SWIM-BIKE-RUN

## Practice Tri w/pool swim and potluck





# What is special about a TEAM RACE?



Friends and

Support



Course Previews



# All your teammates and coaches at the FINISH LINE!





# 2024 Race Apparel



Right Side Panel

Left Side Panel



# 2024 GRANDMASTERS GROUP WORKOUTS

## SPRING SEASON

### APRIL, MAY

- ❖ 2 indoor pool swims/week @ Englewood Rec Center
  - ▶ T/Th 7:00-8:00pm
- ❖ 1 Bike Saturdays 9:00am varied locations, weather dependent

## SUMMER SEASON

### JUNE, JULY, AUG

- ❖ WEDNESDAY Group Ride
- ❖ SATURDAY Group Brick Workout, varied locations, 7:30-10:00am



# Coaching & Communication Tools

- ❖ TeamSnap :
- ❖ Load the app on your mobile device
- ❖ Accept Stacey's invitation to join the Team
- ❖ From there you can find
  - ❖ Team roster
  - ❖ Team calendar and workout locations/maps
  - ❖ Email communications
  - ❖ Chat with your teammates and coaches
  - ❖ Tell us if you can't make a specific workout

# What You Need...

- ❖ Goggles
- ❖ State Parks Pass
- ❖ Shoes to run in
- ❖ Some form of bike - old, new, borrowed, bought, found, etc.
- ❖ Helmet - THAT FITS!!
- ❖ Sunglasses
- ❖ Water Bottle
- ❖ A SMILE
- ❖ And a POSITIVE ATTITUDE!



IT'S AMAZING HOW MANY EMOTIONS YOU  
FEEL WHEN YOU CROSS THAT FINISH LINE...

Join #teamcww

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# 2024 What is it going to cost??

- ❖ CWW Full Program Membership: \$500
- ❖ CWW Grandmasters Membership: \$200
- ❖ What you're getting in summary:
  - ❖ Coaching Value: 4 month professionally coached program
  - ❖ Friends for life and an incredible pack of Ladies full of love and support!
  - ❖ Sponsor & Partner Discounts



We are badasses  
Join #teamcww

# 2024 Sponsors & Partners





Make this Your year to say....I DID IT!!



# How Do I Register?

*I'm in! Sign Me Up!!!*

- ❖ Sign Up today at the **REGISTER HERE** table.
- ❖ Pay in full with Zelle (preferred) [cwwheadcoach@gmail.com](mailto:cwwheadcoach@gmail.com) or pay by check to Colorado Wild Women
- ❖ Option for monthly payments or pay in full.



When you need a friend you  
can always count on your  
teammates.

*– Team CWW*



# WHAT'S NEXT?

## Bring a Friend to Try CWW

Bluffs Hike, 3/3

Reuter-Hess Incline & Hike, 4/6

Waterton Canyon Hike or Bike, 4/13

Swim Clinic Thursday, 3/21

2024 Season starts Tuesday, 4/23.

TTh 7-8pm Indoor Swimming at ERC



# 2024 KICK OFF CELEBRATION!!! *And Welcome Party*

## FEBRUARY 25<sup>th</sup>!

Central Christian Church of Denver gymnasium  
3690 Cherry Creek S. Drive  
Denver, CO 80209

- \*\*Register if you have yet to do so
- \*\*Meet your Teammates
- \*\*Ask Questions and Get Answers
- \*\*Get Ready for Gear Swap #1
  - \*Who needs Gear/ Who has Gear to give