

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



Level 1 Coaches:

- Joy Carreno
- Cindy Braun

2024 Season Overview: Group Workouts

SPRING SEASON

APRIL, MAY

- 2 indoor pool swims /week @ ERCT/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



OPEN WATER SWIMMING @ CHATFIELD STATE PARK Gravel pond



POOL SWIMMING: FALL & WINTER CLINICS





CYCLING: POWER & STRENGTH

INTERVAL TRAINING



RUNNING FOCUS WORKOUTS: Speed and Strength



2024 Season Overview: Clinics & Events

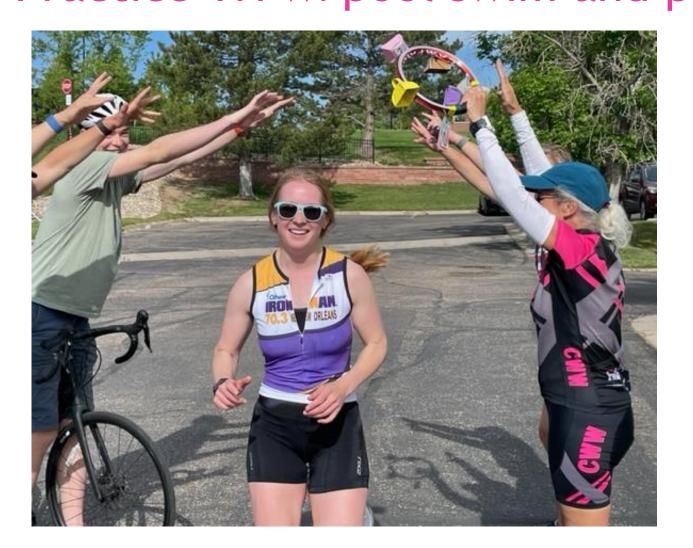
- Run Clinic / Shoe Demo @ RoadRunner Sports
- Open Water Swim Skills
- Transition Skills and Set Up
- Race Course Previews
- Victory Party



2024 Season Overview: Team Races

- Practice Tri: Eary 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
- Boulder Peak 7/14: Co-Ed. Boulder Reservoir, Olympic Distance, www.withoulimits.com
- Outdoor Divas Sprint 8/18: Women only. Union Reservoir, Longmont, Sprint and Super Sprint, 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?



Course Previews





All your teammates and coaches at the



2024 Race Apparel

















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...

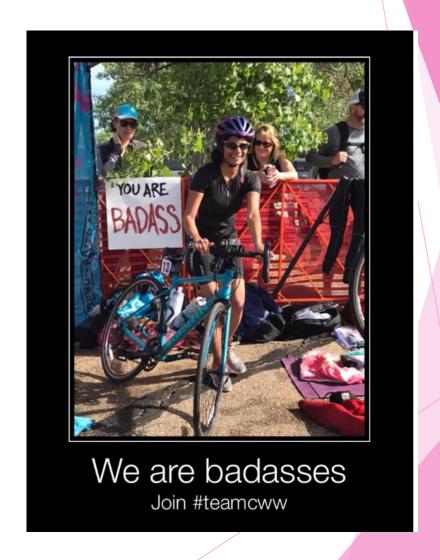
- Goggles
- State Parks Pass
- Shoes to run in
- Some form of bike old, new, borrowed, bought, found, etc.
- Helmet THAT FITS!!
- Sunglasses
- Water Bottle
- A SMILE
- And a POSITIVE ATTITUDE!



nade with mematic

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



2024 Sponsors & Partners











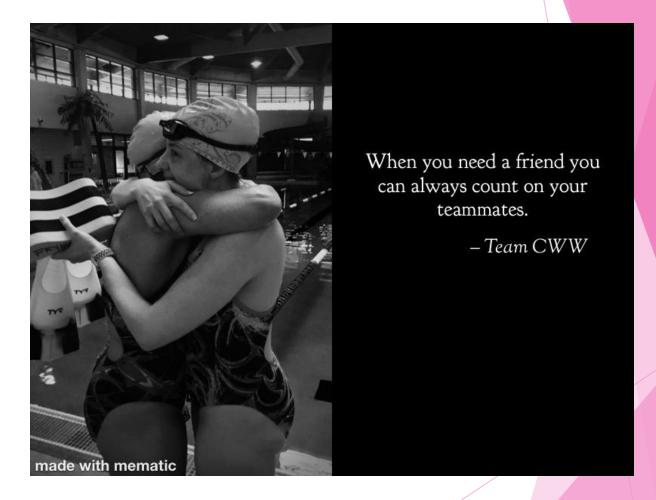
Make this Your year to say.... I DID IT!!



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 or pay
 by check to Colorado Wild Women
- Option for monthly payments or pay in full.



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^{th!}

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