



**TRI
IT
NOW**

www.triitnow.com



Thank you for sharing
the fun,
fitness,
and friendship
gained from multisport racing
over the last 26 years!

TIN Season Wrap Up **Results and Photos** are available on our website.

The **photos are free** to download until November 15, 2023.

LOTS of terrific photos taken by our wonderful photographer
Reggie McCaw II, of Kona Blue Photography

A heartfelt message from Ina:

Thanks to...

- All the athletes, first-timers and experienced, who've come out to race with Tri It Now. It's been so much fun to watch you race and to see you grow.
- Old Virginia Hams (OVH), the amazing ham radio operators who have voluntarily provided a communications network covering the expanse of our race course for every race for many, many years
- The staff at the Freedom Center who have provided Tri It Now with great support over the years since 2003, especially Olga, Amanda, and Tim

- The many, many volunteers who have always come through in the end to help keep our races running smoothly. Lately I've had extraordinary, continuing, reliable help from Sue, Paula, Andrew, Nancy, Ron, and so many others. I could not have put on a single race without a crew of great volunteers...that's the nature of race directing.
- The wonderful Timing companies I've worked with over the years, ending with the good people at Arsenal Events.
- My personal friends who have come to my home for chat-and-work visits many times...Eileen, Cheryl, and just recently even some my Boulder friends have helped thread ribbons onto awards and put key rings on finisher fobs (Liisa, Sarah, and Sherron)

AND my sons Geoff and Andy. Each of them spent a full season co-directing the races with me (before deciding they didn't like getting up at 4 am to set up the course...). Even more importantly, they were my objective eyes and voices to whom I turned with every question, every controversy, every sportsmanship/fairness challenge, and every business decision during the 26 seasons of Tri It Now.

My sons introduced me to participating in competitive sports. Two years after Geoff challenged me to race in a super sprint triathlon, I started Tri It Now so others would discover this multi-sport lifestyle where fun, fitness, and friendships come together.

I hope Tri It Now may have helped you make that discovery.

---Ina

A few of my favorite memories:

Every time an award was announced and the person had no idea they were (or even could be...) a winner. Priceless reactions!

The email I received one Sunday evening after a race that morning saying the sender flew in from out of town the previous evening and overslept on race morning. They requested a refund.

The athlete who got angry because he thought he had won the triathlon. He turned where there was no arrow indicating a turn, thereby cutting a big chunk of the bike course. He blamed us and our marking of the course. Idk, did he think we need "Don't turn here" signs all along the course?

The many times people said, "I called last week and spoke to someone in the office...". (Folks, I'm the ONLY one that could have been as there is no one else in "the office")

and (saved the BEST for last...) the absolutely fabulous Farewells from everyone in emails and at the event last Sunday. So many smiles, tears, gifts, and HUGS. My love to you all.

KEEP ON TRI-ING!!!

--Ina

We had a bright and cheerful shirt to celebrate our Farewell Race...

with a hint of *sunset*.



FUNDRAISER

Among the activities during celebration the morning of the Season Wrap Up were tables of Tri It Now items for sale. \$400 was raised!

Profits will be donated to research for a cure for Parkinson's Disease (Michael J Fox Foundation and/or American Parkinson's Disease Association).

THANK YOU!!

We challenged everyone to wear their oldest Tri It Now shirt to the awards ceremony. Miriam Friedman had the oldest (other than me). She wore one from our early days at the Freedom Center, the Manassas Mini Tri in May of 2004!

I found and wore my shirt from the first tri I put on, The Labor Day Tri at the Tuckahoe Recreation Club in McClean, VA. Date: September 1998

**In case you missed it (from August 2023):*

Dear Athletes, Volunteers, Co-workers, and Friends,

I have loved the many years I've spent creating and directing Tri It Now races. The thrilled looks on athletes' faces as they cross the finish line, the enthusiasm of participants becoming triathletes after participating in these short distance multi-sport events, the volunteers who jump in and help in any way they can, and so much more have kept me coming back year after year

since 1998. However, I have decided that I am now ready to move on to a new phase of my life: retirement.

With my retirement comes the retirement of Tri It Now as well. There are many reasons for this, but it's the end result that is important to acknowledge: The Tri It Now Season Wrap Up on October 15, 2023 will be the last race on Tri It Now's calendar, wrapping up not only the 2023 season but also Tri It Now's 26 years of race production.

I hope you will put the TIN Season Wrap Up on your calendar as well. Come out to race, to volunteer with the crew, or to spectate and visit. Come out to celebrate the 26 seasons of Tri It Now!

Now that's a wrap.



Ina



The TIN Point Series 2023

***includes points earned
in any 3 of the following 4:***

Tune Up Tri

Manassas Mini Tri

Summer Super Sprint

The 14.06

***Everyone who completed the triathlon in any of
the 4 races in the Series earned points! They were automatically entered into the
Series.***

***Age Group and Overall awards for the Series were presented at our last race of the
year, the TIN Season Wrap Up on 10/15/23.***

Winners are posted online.

DETAILS ARE ON THE WEBSITE

Tri It Now 2023 Race Calendar

Tune Up Tri, March 26*

The Manassas Tri, June 11*

Summer Super Sprint, July 30*

The 14.06, September 10*

TIN Season Wrap-Up, October 15

**these 4 races are our 2023 TIN Point Series triathlons*

Full details are on the Tri It Now website: www.triitnow.com