

TRIANGLE

GREAT FIRST SEASON!!!

Meet the Board

President - Dan Bell
Vice-President - Chad Fiedler
Treasurer - Alex Ewing
Race Director - Brian Maxwell
Fundraising Director - Mike Harostock
Events Director - Julie Novak
Website Coordinator - Trevor Nederlof

Head Coach - Chris Ganter



NECTC

The Drexel Tri Team is a member of the North East Collegiate Triathlon Conference. There are 4-5 conference races throughout the season in which Drexel competes directly with roughly 20 other colleges.

www.nectc.net

This October marked the first anniversary of the Drexel Triathlon Team. Our 2009 season ended well, finishing 8th out of 16 in the North East Collegiate Triathlon Conference. Aside from the collegiate arena, our relay team got 1st place in the Philadelphia Insurance Sprint Triathlon. We also had 6 members complete their first Half-Ironman events, 1 member com-



pete at World Duathlon Championships, over 10+ top 3 age group finishes, and 8 top 25 overall finishes. We expect a strong presence at Collegiate Nationals in April with guidance

from Coach Chris. NECTC - watch out for the Dragons in 2010!!! The fire is coming...

Coaches Corner

Congrats on a great season! Fall is a great time to remember why we love swimming, biking and running. After a demanding summer race and training schedule, we will use the fall to rejuvenate and let our bodies heal and avoid burnout. Go for leisurely rides, runs and swims to enjoy the fall foliage or

reconnect with cycling or running friends. Do not go hard. Use the fall to recover and for base training in the winter. Be proud of your achievements from the summer and give your mind and body time to prepare for an even

better upcoming year. Happy Trails.

