



TriThrift

We Want YOU to Write for the Blog!

Whether you're a seasoned triathlete or just laced up for your first 5k, we want to hear your story. Our blog exists to highlight real people, real challenges, and real wins in endurance sports, especially when financial or personal barriers were part of the journey.

What to Write About

We want to hear:

- **Why you race** – What draws you to endurance sports?
- **Your journey** – What challenges have you overcome?
- **Lessons learned** – From training, racing, or the community.
- **Gear on a budget** – How did you make it work?
- **Inclusive moments** – What made you feel seen and supported?

Guidelines

- **Length:** Most posts are 4–7 paragraphs (~500–900 words).
- **Format:** First person is great, but third person is welcome too!
- **Tone:** Candid, reflective, encouraging.
- **Other:** Include a title, photo, and social media handles if you want to be tagged.
- **Deadline:** We publish on Fridays and schedule at least a week in advance.

How to Submit

Choose your preferred method:

- Email your story directly to mmadden@trithrift.org.
- Share a Google Doc with editing permissions.

Questions? Email mmadden@trithrift.org

Thank you for being part of our mission to make endurance sports more accessible to all. We can't wait to share your story.