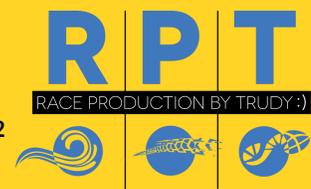




MARCH 2022



UNDER THE ARCH :)

www.rpbytrudy.com
[@rpbytrudy](https://twitter.com/rpbytrudy)
trudywakeman@gmail.com

THIS MONTH'S NOTABLE ITEMS:

Upcoming Calendar
Success this month
Feedback Wanted

START YOUR ENGINES...

Spring arrives March 20

So the calendar says spring, have you started ramping up your training for a race? Is there a spring in your step getting ready for the new season of races? What about your bike? Time to get it on the roads and/or checked over by your local bike shop. Time for a new pair of shoes or maybe a new swim suit to get you motivated? Have you registered for your favorite race or maybe checked out a new event?

Spring is the time of year we get out on the roads and breathe in the fresh air. Get your bike off the trainer and see how your winter of training paid off. Maybe going from the treadmill to asphalt (or dirt) will get you motivated as well.

Weather, sunshine, new shoes, or new music in your headphones are all things that can motivate you in the upcoming months.

Ladies and Gentleman...Start Your Engines!!

Here's a few of our favorite partners that we'd like to share: [Smith PT Plus](#) (Pose running method and PT), [WheelWerks Bike Shop](#) (Fitting, repairs, and supplies), [The Running Depot](#) and [Runner's High N' Tri](#) for running apparel, shoes, and inspiration!

USA - USA - USA!!



Sunday, June 26, 2022
McHenry Co. College
Crystal Lake

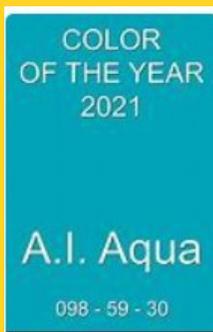
Look of an event

Those of you who have raced or gone to the Boston Marathon are aware of the "Boston" blue jackets that many purchase after they finish. Their logo doesn't change but sometimes the color of the blue does slightly every year.

Event Directors like to change up the colors to differentiate between each year of the event. But have you ever noticed the other items that might be fashioned in the same color? Race bibs, event signs, volunteer shirts, awards, Facebook or Instagram pages? The 'Look' that the race presents is not something the event takes lightly. There is a 'pantone color of the year', for example, that some may look at. Others might include what is in fashion, what the 'hot' color of cars are on the market and or the current trending color.

The Flying Pig Marathon, in my opinion, does an excellent job at using every inch of their marketing arm to give their 'look' squeal appeal. The Snout and Stinger Challenge to "Put your swine on the line" they do it right!

Here at RPT, you'll see our race bibs, awards and our hat/visor selections with similar colors for the Fox Lake Triathlon. As well as our route maps and road markings for the McHenry County Century Ride. Pictured below are the swim caps, bib, and awards for Fox Lake Tri.



UPCOMING CALENDAR

APRIL 1

Order your MCCRIDE jersey for the upcoming McHenry County Ride

Sunday, May 29

McHenry County Century Ride

Sunday, June 12

Fox Lake Sprint Triathlon

Sunday, June 25

Pub in the Park, Lake in the Hills, Brew tasting event

Sunday, June 26

McHenry County Patriot Run
5K
Twin Lake Triathlon (Tri County Tri Series event)

Sunday, Sept. 4, 2022



Thanks for the Feedback....

1. What's your favorite swag? - **Dri-fit shirt, sleeveless training shirt, sweatshirt**
2. Best Age Group Award? **Pint Glass, Ornament, gift card, watch**
3. Best Overall Winner Award? **Bag chair, coaster/trivette, poster, growler**