



# UNDER THE ARCH :)

# RPT

RACE PRODUCTION BY TRUDY :)

JUNE 2022



[www.rpbytrudy.com](http://www.rpbytrudy.com)  
[#rpbytrudy](https://twitter.com/rpbytrudy)  
[@rpbytrudy](https://www.instagram.com/rpbytrudy)  
[trudywakeman@gmail.com](mailto:trudywakeman@gmail.com)

## THIS MONTH'S NOTABLE ITEMS:

- Event Highlights
- Upcoming Calendar
- Feedback Wanted

## RIDE AND RACE HIGHLIGHTS

Thank you for your support!

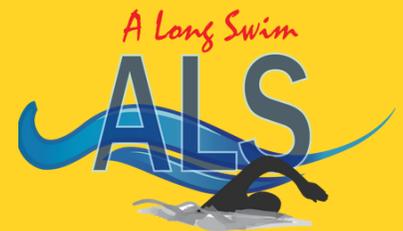
RPT has had a busy month with over 400 participating in the 2nd Annual McHenry County Century Ride. With 25+ mph winds we had over 50 people accomplish their 100 mile bragging right. Despite the wind, riders enjoyed snacks, lively music and the best pickles & juice from Claussens. Our ride ended with Lou Malnati's pasta to refuel the tanks of all the riders.

On June 9, we held an open water swim clinic with hopes to calm some nerves prior to Fox Lake Triathlon. With 21 participants I believe we did that. Thanks to Jennifer Harrison Triathlon Coach for educating out athletes. Our next workshop is planned for Wednesday, July 6 at 6:30 p.m at Crystal Lake Main Beach. (RSVP to [trudywakeman@gmail.com](mailto:trudywakeman@gmail.com))

The Fox Lake Triathlon saw a spike in registrations after a nearby race was cancelled. We appreciate all those who found us on the USAT website. This bumped our numbers to a record 200. Next year we're planning for 300! Once the fog rolled out of the swim course, the slightly choppy waves made the swim a bit challenging. But all got out of the water and started the hill climb out of transition. Following up with a flat run course everyone was smiling when they finished. Lots of newbies came to enjoy their first race. (One I hope you won't forget.)



Sunday, June 26 -  
McHenry County College



Saturday, August 13



2022 Fox Lake Triathlon Champs  
Karen Snyder & Aaron Groff



Bike group from MCCRide



Our fabulous volunteers for the Fox Lake Triathlon

### June's burning question:

What's your favorite race swag to receive?

Shoot me your answer at

trudywakeman@gmail.com

# UPCOMING CALENDAR

Sunday, June 26

McHenry County Patriot Run  
5K

Sunday, August 7

Crystal Lake Aquathon

Saturday, August 13

Lake Michigan Open Water  
Swim for ALS Research

Sunday, Sept. 4, 7:30 a.m.

Crystal Lake Half Marathon

Sunday, Sept 4, 7 p.m.

Fireworks 5K (Includes Beer)

## Sept 4, 2022

