

SPRINGFIELD TRIATHLON CLUB

Swimming

- Eisenhower Pool (2351 East Cornell Ave, (217) 525-8847)
 - 25-yard indoor pool, Master's swim: M, W & F @ 7:00 am & 11:00 am, Sunday @ 8:00 am.
 - \$4.50 per swim or season pass available
- Nelson Center (1601 North 5th St. (217) 753-2800)
 - Memorial Day to Labor Day – Master Swim M, W & F 6:00 am, Sunday @ 8:00 am
 - 50-meter outdoor pool, \$4.50 per swim or season pass
- YMCA, West-Kerasotes (4550 W Iles Ave., (217) 679-1625)
 - 25-yard indoor pool, Master's swim: M, W & F @ 6:00 am
 - Membership required

Note> Master's swims has a set workout each session, it is not just an open swim

Other private pools (membership required)

- 1) YMCA Downtown (217) 544-9846
- 2) Fit Club South (217) 671-8348
- 3) Fit Club West (217) 787-1111

Cycling

- Tuesday Hilly Ride – Meet at BikeTek parking lot, leave at 5:45pm
- Tuesday Sprint Night – Meet at BikeTek parking lot, leave at 5:45pm
- Wednesday – Meet at WheelFast bike shop, leave at 6:10pm
- Wednesday (4/12, 4/26, etc.... every other week) – New City Time Trial, starts at 6pm, Team nights are 6/7 and 9/23
- Wednesday – Decatur Time Trial, Every other Wednesday – 20k & 40k, held the off week of New City Time Trial
- Thursday – Meet at BikeTek parking lot, leave at 5:45pm
- Weekends – usually a few different rides, email or ask around check this Facebook group

Note> WheelFast and BikeTek rides have A and B groups each outing

Running

- Wednesday – SRRC Speed Workout – SHG Track, 5:30pm
- M, W & F – Lunch run at 12:00 pm starting at YMCA – Downtown (4-6 miles)
- Tues and Thurs – Lunch run at 12:00 pm starting at YMCA – Downtown (tempo run)
- Springfield Road Runners Club www.srrc.net has several training programs throughout the year

-Websites and Facebook pages a great way to stay connected.