

# TRI | NEWS

MONTHLY E-MAG





# TRI NEWS



www.the3club.com

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## ATHLETE OF THE MONTH

For the 2nd time in 4 months Ms. Aysha Al Nafisi nabbed the title athlete of the month! Her commitment, perseverance and progress has left everyone in awe. As we promised on our previous issue, members who get the title will be awarded accordingly courtesy of extreme sports shop.



## THE NEW RECORD HOLDER!



NAJLA THE BRAVE ! dubbed for her new record setting jump from the 10 meter pool tower, she's the first club member to attempt and successfully jump off the ledge of the 10 meter tower.



On the 27th of sept. 2010 we bid farewell to two of our 3 club members Aysha and Dana Al Nafisi, off they flew back to their respective schools, abroad. We wish them best of luck in their studies.

Now

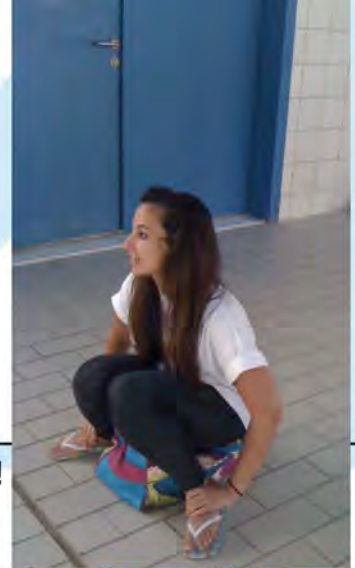
Available At



### 9 days



Last year Chrissie Wellington of Great Britain and Craig Alexander of Australia nabbed the titles for ironman. They raised the bar for all elite athletes who have been training all year for a chance to win the world title. So who's going to win the title this year? In 9 days we'll find out! As the Ironman World Championship hit the waves! You can tune in for the live coverage at [www.ironman.com](http://www.ironman.com)



RANDOM THREE CLUB MOMENTS





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[www.q8extreme.com](http://www.q8extreme.com)



AHMED A. AL MAJED



SULAIMAN AL MUKHAIZEEM

VIVA  
possible



6:48:29

7:52:25

# IRONMAN JAPAN 70.3



### IRONMAN JAPAN 70.3

PART OF THE PARTNERSHIP JOURNEY, VIVA AND THE 3 CLUB TOOK TOGETHER WAS THE IRONMAN JAPAN 70.3 TRIATHLON. TWO OF THE 3 CLUB MOST TRAINED MEMBERS UNDERTOOK THE CHALLENGE TO COMPETE IN THIS GRUELING 8 HOURS RACE. THEY SWAM 2 KM, CYCLED 90 KM, AND RAN 21 KM NON-STOP RACING AGAINST TIME TO REACH THE FINISH LINE!

ONE OF THE MEMBERS, IS 2 X IRONMAN AHMED AL MAJED WHO WAS FIRST OF THE 2 TO REACH THE FINISH LINE PLACING 32ND ON HIS CATEGORY. WITH AN OVERALL TIME OF 6:48:29!

WHEN WE ASKED AHMED, AN EXPERIENCED TRIATHLETE. HOW HE FELT WHEN HE FINISHED HE LOOKED GRATEFUL AS HE REMEMBERED HOW HE COLLAPSED AFTER FINISHING DUE TO SEVERE DEHYDRATION AND EXHAUSTION. HE RECALLED HOW HE COULDN'T KEEP ANYTHING IN HIS SYSTEM AS HE WENT THROUGH THE GRUELING COURSE FROM DISCIPLINE TO DISCIPLINE. HIS WILL POWER AND DETERMINATION WERE HIS ONLY ASSETS ON THAT DAY AND THE KNOWLEDGE THAT EVERYONE BACK IN KUWAIT SUPPORTED HIM, MADE HIS WILL TO FINISH LINE THAT MUCH STRONGER.

FOLLOWING AHMED'S CAME SULAIMAN AL MUKHAIZEEM BREEZING PAST THE FINISH LINE PLACING 38TH OVER HIS CATEGORY WITH AN OVERALL TIME OF 7:52:25. HE TOO SUFFERED FROM THE SEVERE HUMID CONDITIONS AND TOUGH TERRAIN. BUT MAKE NO MISTAKE THESE WERE MERELY SMALL OBSTACLES TO THE TRIATHLON NOVICE SULAIMAN FOR HE WAS MORE THAN PREPARED FOR THIS TRIATHLON HE HAS PUT IN MORE THAN 6 MONTHS OF hardcore training to be able to finish IRONMAN JAPAN.

WHEN IT WAS SULAIMAN'S TURN TO SHARE WITH US HOW HE FELT AFTER CROSSING THAT FINISH LINE. HIS EXHILARATION WAS APPARENT AND HIS FACE GLOWED WITH A VICTORIOUS SMILE! FOR HE, HAS CONQUERED A PERSONAL FEAT. HE NOW KNOWS HE CAN DO ANYTHING! BECAUSE HE HAS PUSHED BEYOND HIS LIMITS AND WHAT WAS ONCE A CHALLENGE IS NOW A TRIUMPH!

**SLOTS ARE FLYING OFF, AS WE'RE GETTING CLOSER TO RACE DAY... PICK YOUR CHALLENGE AND REGISTER NOW!**

**VIVA**  
possible



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SPRINT

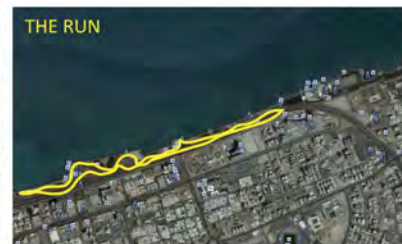
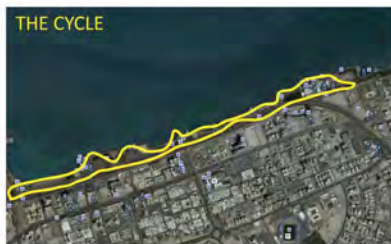
SUPER SPRINT

RELAY

Info@the3club.com



**marinahotel**  
Safir Hotels & Resorts Kuwait



THE FLYING START TRIATHLON IS GAINING MORE & MORE POPULARITY WITH EVERY EVENT. LAST APRIL WAS THE INAGURATION OF THE FLYING START AND AFTER A GREAT SUCCESS. THE FLYING START V.02 FOLLOWS THIS OCTOBER WITH NEW DISTANCES AND MORE RACING SLOTS. THANKS TO ALL OF THOSE WHO BELIEVED IN THE SPORT AND SUPPORTED US ALONG THE WAY. ALL OUR CURRENT AND PREVIOUS PARTNERS: SEAS AND DESERTS | GARMIN, HEALTH COMPANY, MARINA SAFIR HOTEL, AND OF COURSE VIVA TELECOM WHO MADE ALL OF THIS POSSIBLE.

JOINS US THIS OCTOBER THE 29TH ON THE BEACH OF MARINA HOTEL, AT 5:30 AM AS WE BLOW THE STARTING WHISTLE TO ALL COMPETEING ATHLETES IN THE 2ND EDITION OF OUR TRIATHLON. WHO'S GOING TO FINISH FIRST? DO JOIN US AND FIND OUT! 100 COMPETITORS, 3 DISCIPLINES, 1 FINISH LINE!

THE OUTCOME!



سفير نند جزيرتس  
Deserts & Seas

**GARMIN**

شركة الصحة  
Health Company

**extreme sports**

**saucony**



**TREK PROFILE DESIGN**



World Triathlon Corporation (WTC) and Laguna Resorts & Hotels have announced the inaugural Ironman 70.3 Asia-Pacific Championship to be held on Dec. 5, 2010. The race, set at Laguna Phuket Resort in Thailand, will be the culmination of WTC's new Asia-Pacific Ironman 70.3 Event Series. The Laguna Phuket Resort is expected to be the permanent home of this Championship.

IRONMAN triathlons are the ultimate goal for most amateur triathletes. Such triathlons present physical and mental challenges, once defeated can leave athletes addicted for life. This December 5th we will be rooting for 2 more of our club members who decided to take the challenge and compete in IRONMAN 70.3 ASIA PACIFIC CHAMPIONSHIP!



**MEMBERS PROFILE**



**Name:** Ghada Hussain  
**Age:** 46  
**Designation:** 1st Waver  
 Active 3 club Member  
**Status:** 1st Ironman competition



**Name:** Anwar Jawhar  
**Age:** 25  
**Designation:** 2nd Waver  
 Active 3 club Member  
**Status:** 1st Ironman Competition



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Women's Comp Tri Tank / Comp Tri Splice Shorts

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