



APRIL 2026

Happy Spring! Race season is on and we're loving it! We've got lots on the calendar in the upcoming months. Read on to learn about a kids triathlon event, our April social, and our open-water swim dates.

NEW MEMBERS

Firstly, we're excited to highlight and welcome members that have joined (or returned) so far this year:

Curtis Felker

Carl Cruz

Kenny Martin

Hank Zimmerman

Emily Hale

Josh Dugan

Lindsey Reinert

Stefanie Hogan

John Keenan

Jake Basham

Madison Hamman

Bradley Ford

Nathan Williams

Chase Austin

Welcome, welcome, welcome!! We're so glad to have you, and look forward to seeing you out there!

NORTON COOL KIDS TRI

Mark your calendars for **Saturday, June 20th**, 9 a.m. to join us at the Jeffersonville Aquatic Center! The [Norton Sports Health COOL Kids Triathlon](#) is a beginner-friendly, swim-bike-run event for kids ages 6 to 14. This fully-supported athletic event is brought to you by Norton Sports Health and Norton Children's Orthopedics of Louisville, affiliated with the UofL School of Medicine. Use promo code **SHARK26** to sign up today!

This event will need lots of volunteers. Stay tuned for a sign-up link to help make the day extra special for our young athletes.

SWAGS NEW LOCATION

Time for some new gear? Our sponsor Swags Sport Shoes has opened a [new location](#) in Jeffersonville, IN! Check them out at 3121 E 10th St. Remember to mention you're a Landshark for a club discount.

WOMEN'S SELF-DEFENSE CLINIC

In light of recent events in Louisville, we want to ensure every runner feels empowered and prepared. Team One Louisville is hosting a FREE self-defense clinic specifically for female runners on Saturday, June 7 at 3:30 PM, at 6718 Outer Loop. We will focus on situational awareness and effective techniques to escape a physical confrontation and get to safety. Wear comfortable clothes and be prepared to ditch your shoes on the mat. No experience required. This event is not limited to club members - invite your runner friends! Please RSVP [here](#) by selecting "Going" to ensure there are an adequate number of coaches available.



Team One
Louisville Jiu Jitsu

Women's Self defense

June 7th
3:30

Free

1 hour session

Safety Strategies
Participants gain safety strategies, enabling them to recognize warning signs and make informed decisions. This knowledge helps prevent potential assaults

Physical Techniques
Participants learn techniques that will help survival. Such as breaking grips, distant management, and moving on the ground. Understanding how to move our body effectively.

Awareness
Participants become more aware of their surroundings and learn to assess risks. Awareness reduces vulnerability and enhances personal safety

LOUISVILLE LANDSHARKS

Team One Louisville Jiu Jitsu
6718 Outer Loop
Louisville Ky 40228

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SWIM DATES!

They're finally here! Open water swims at Deam Lake will be 6:30-8:30 AM on:

May 10, 17, June 7, 21, 28, July 11 (Sat), 19, 26, August 9, 15 (Sat), 23, 30, and September 13.

You will not need to pay the entrance fee if you arrive before the entrances are staffed. Park in the big lot on the west side and walk down to the beach. Most swims will be followed by a bike ride and run. **Weather-driven cancellations and other important announcements will be made through the [RainedOut text alert system](#), so make sure you're signed up! Text SHARKALERTS to 84483.**



LANDSHARKS GEAR

Did you know we had custom Landsharks-branded gear always available? Check out our [Rocket Science Sports](#) team portal! For race gear, there are two types of fit: *Elite* Tri Suits are built for performance offering compression, durability, and enhanced 100k chamois. *RJ* Tri Suits are entry-level suits designed for comfort, performance, and short to mid-distance races. The fit of the RJ is the same as the elite suit, but you may feel less compression vs the elite suits. The gear is brightly colored and easy to spot during races!

IRONMAN TRICLUB

If you're registered for an Ironman race this year, be sure to join the Louisville Landsharks TriClub! Log into your Ironman account, go to your account page, and click "Club Membership" to be added. You must add yourself as a TriClub member at least 45 days before your race. This will help us determine how many club members we have at each race.

STRAVA CLUB

Join our [club](#) on Strava for one more way to stay connected. We'll post events and announcements here that you might miss if you're not on Facebook. And, of course, it's always fun to make more friends and have more people giving out kudos!

APRIL SOCIAL!

Come hang out on [Opening Day](#) at Churchill Downs with the Landsharks! If you race that day, your Derby Mini or Marathon medal will grant you free entry. Otherwise we will have 12 free tickets; these are first-come, first-serve. After that, general admission entry is \$30. Plan to meet by the Paddock around 1:30 PM. This should give everyone plenty of time to finish the race and get cleaned up. Hope to see you there!



Whiskey Row 5K



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