



And happy almost-summer; it's getting hot! Remember: as the heat and humidity rise, it is normal, expected, and acceptable for your running pace to be slower when compared to your cooler-weather runs. Run early when you can, stay hydrated, wear sunscreen, and listen to your body.

It's a busy month! Read on for details about the Norton COOL Kids Tri, World Bicycle Day, the women's self-defense class, a transition clinic, and our June social.

NEW MEMBERS

Firstly, we're excited to highlight and welcome members that have joined (or returned) recently:

Jamie Craven
Catherine Worrall
Juan Avila
Ben Habermel
Andrea Faulk
Sohan Sen
Katherine Smith
Mike Tobin
Nicholas Kennedy
Serguey Rodriguez Perez
Jackie & Scott Rountree
Charlie Mitchell
Michael Kruger
Reagan Murphy
Julie Crocker
Ryan Moll
Hilary Bendon

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

NORTON COOL KIDS TRI: JUNE 20

This kids-only, beginner-friendly race is on **Saturday, June 20th** and still needs lots of volunteers! Follow [this link](#) to the volunteer sign-up page where you can choose where you'd like to focus your efforts. This race is a great opportunity to support and cheer on the next generation of triathletes.

If your young athlete would like to participate, sign up [here](#). Use code SHARK26 for a discount.

WORLD BICYCLE DAY: JUNE 3

The Downtown YMCA, Louisville Bicycle Club, and Landsharks are co-hosting a World Bicycle Day event **this Wednesday, June 3!** There are three options:

 Aquatic - get your feet wet during the 6pm Water cycle class.

 Indoor - enjoy the cardiovascular benefits of cycling from the comfort of the 3rd floor cycle studio at 6:30pm.

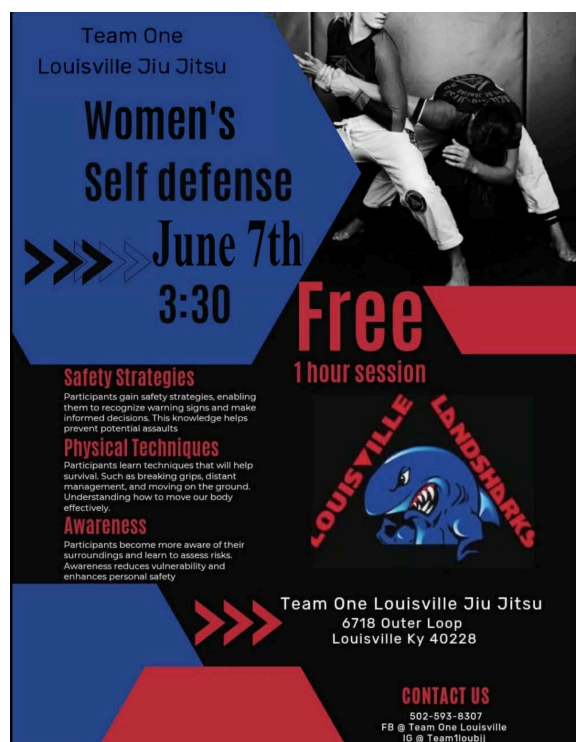
 Outdoor - enjoy a 20, 25, or 30 mile group ride beginning at 6:30pm.

The outdoor ride will start at the Downtown YMCA. For all events, please register [here](#). (Note: you may have to create a YMCA login, but there is a free "program" option that doesn't require a paid membership.)

WOMEN'S SELF-DEFENSE CLINIC: JUNE 7

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

CONTACT US
502-593-8307
FB @ Team One Louisville
IG @ Team1loubj

WEINER RUN: JUNE 26

We're grilling out! Come find us at Cherokee Park (probably [Stegner Pavilion](#)) on **Friday, June 26, at 6:15 PM** for a hot dog roast! We'll have the hot dogs and all the fixings. If you'd like to help provide a side dish or dessert, please sign up [here](#).
Want to skip the run? The fun part will start around 7.

TRANSITION CLINIC: JUNE 27

Join us on **June 27, 8:30 AM**, at the Louisville Rowing Club! Park at the Yellow Lot on the waterfront. Not just for beginners, this clinic will focus on maximizing efficiency in transitions and making the best use of aid stations, especially on the bike. We'll have some bike racks set up, so feel free to bring ALL your race gear for the best practice! We'll also talk through aid stations and will have the opportunity to simulate grabbing a bottle from a race volunteer while moving on the bike. If there's interest, we'll do a short ride too.

OPEN WATER SWIMS: JUNE 7, 21, 28 AND MORE

Remember to check your membership status before the next open-water swim! There is a new [Account Details](#) button that will allow you to easily see your status, including expiration date.

The membership list is printed the night before. If you are not a member, you will not be permitted to swim outside of the roped-off swim area.

Weather-driven cancellations and other important announcements will be made through the [RainedOut text alert system](#). Text SHARKALERTS to 84483 to be added to the list.

2026 Open Water Swim Schedule

2026 MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2026 JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

2026 JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2026 AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2026 SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Deam Lake
6:30am - 8:30am

CLUB HATS

30-year celebration hats are [on sale](#)! Pick up the coolest hats in the world at any club event. Board members will have them (but it's not a bad idea to let us know you want one ahead of time so we don't forget to bring them). Special thanks to our "hat sponsor" [Prime IV](#) who helped us lower the cost.



GOODBOUNCE SPECIALS

More than just pickleball, Goodbounce also has a sauna and cold plunge (fantastic for recovery), locker rooms and showers, and is conveniently located on the waterfront for easy access after long rides and runs. (Membership allows for use at the Clarksville location, too.) And they're offering special memberships for Landsharks! Sign up [here](#) or send an e-mail to john@goodbounce.com.

WHAT'S INCLUDED

 Unlimited Sauna	 Unlimited Cold Plunge	 Pickleball Open Play	 Wellness Consultation	 Locker Room + Shower
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CHOOSE YOUR PLAN

THE RECOVERY TRIAL 3-Day Unlimited Trial \$25 flat 3 days of unlimited sauna + cold plunge — no commitment. ✓ 3 consecutive days unlimited sauna + cold plunge ✓ Pickleball open play + locker room access ✓ No commitment — try it, feel it, decide ✓ Applied toward first month if you join Start My Trial →	MONTH-TO-MONTH · YEAR-ROUND Landshark Recovery Membership \$99.99 /mo Founders rate — locks in permanently at sign-up ✓ Unlimited sauna + unlimited cold plunge — both locations ✓ Unlimited pickleball open play — both locations ✓ 14-day advance court booking priority ✓ One free wellness consultation ✓ Cancel anytime · no initiation fee Join Now →	10-WEEK RACE SEASON BLOCK Landshark Training Package \$249 flat Peak training → race week → recovery. Clean exit, no hassle. ✓ All amenities for full 10-week window ✓ Priority locker access on race morning ✓ One complimentary guest pass ✓ One free wellness consultation ✓ ~\$25/week — less than one massage Get Race-Ready →
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Happy training, and we'll see you out there!



May Social



Rachel Schmidt

President, Louisville Landsharks

louisville-landsharks.com

Questions? Reply to this e-mail or to landsharks.president@gmail.com.