



CAT TALES

December 2005

www.tricats.org

Volume II, Issue 3

Welcome to the final TriCATs newsletter for 2005.

The club has many reasons to celebrate. Not only is it the end of another successful race year, but the club continues to grow. As President Chas notes, we have moved from a couple of people getting together for a few beers, to a group with wide ranging interests and athletes of all levels.

As an example of this, we are doubly fortunate to have **two** World Champions in the club. Margie Shapiro won the International Triathlon Union JAL Honolulu World Championships in October. She obliterated the field with a time of 2:07:10—about 3:01 ahead of her nearest competitor, which was the largest margin in the 17 year history of the ITU worlds. Earlier, she also won the inaugural 'Best of the US Championship'. In the Long Course world triathlons in Denmark Anne Viviani won the women's 55-59 age group in 8:48:27. We have interviews with both of these exceptional women in this newsletter.

The newsletter has a new team and we will be relying on input from the club members to help us to produce our quarterly issues. Enjoy the newsletter and any suggestions, or complaints, to Chris Bennett – chris@lpcb.org. Please also send him your photos, articles, or anything that you think may be of interest to your fellow club members.

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TriCATs at Richmond

Capital Area Triathlon Club
PO Box 2763
Merrifield, VA 22116

Mark Your Calendars: TriCATs end of year party on 2 December



Presidents Corner

Chas Ryan

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By the time you read this the year will be coming to a close and I believe it only fair to give you a state of the Club from the view of the Board and from some of the conversations we have had with members over the last year. One thing that has changed TriCATs is that we have grown from a small group of accomplished athletes joining for a workout and then a beer to a growing, not for profit organization with a broad range of athletes and club responsibilities.



Through the year I have met many of our new members and am thankful for their enthusiasm as it is a core element to our success. Therefore, one of the things so many of us may forget as we plan for the next season is that we all started in the sport rather humbly. Many of us used hybrids or a classic 10-speed for our first race and were clueless about training. We did not know that Z3, brick, repeats, and tempo run would soon become part of our vocabulary. With these thoughts in mind I hope that all CATs realize that for the many superb athletes in the club we have many who are integral to its success but may never earn top 10 in their AG. These member will achieve what all of us are members for—to enjoy the camaraderie of the sport and, as we hope, to further the growth of the multi-sport community.

We all know people that entered the sport with strong athletic backgrounds and moving from novice to experienced triathlete seemed effortless. For every athlete like this we have many that are starting from different levels and

becoming involved in the sport is exciting yet very challenging. With these thoughts in mind what can be so intimidating to many newcomers to the sport and the Club are the overwhelming changes to their lifestyle. These changes are finding time to train, buying what seems like a never ending list of expensive gear, and then wanting to train with other athletes that may be much faster and more accomplished. Having the nerve to show-up to a group ride or run can be quite daunting if you are not sure you can keep-up so please remember what it was like when you went to your first group training event so remember to encourage the involvement of some of our new members.

As the club continues to evolve all of us have to consider that our membership is more diverse than ever and that for those of us that have been involved in multisport for many years we need to realize that triathlon is more than Ironman. That an Oly distance to a new triathlete is the IM to someone that has a few years in the sport. We also ask that all of us in the club need to give a bit back to the sport by involving those that are new to this often crazy lifestyle.

The race season is over and many of us are in the midst of deciding which events we want to do in 2006 if we have not already missed the boat on some of the more popular ones. We are also beginning to regain some discipline towards the base-building season as we become reacquainted with tights, trainers, Spinervals, and of course Dr. Art's basement. Best to all of you next season and race hard!

Changes to the TriCATs Newsletter

Mary Delaney

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A huge round of applause goes out to Beth Goulart, who has been the TriCATs newsletter editor since its origin! She got it off the ground and has done a superb job. Beth was married in October and is moving to the Cayman Islands with her husband, where she will work freelance and continue to be an occasional contributor to our newsletter. We are looking forward to Beth's articles on "roughing it" and training in the islands. Good luck to Beth...we will miss you!

Congratulations to Chris Bennett, who now takes the helm of the newsletter. Chris is a marathoner and duathlete, who has now turned totally to the dark side and races only triathlon (rumor has it that his beautiful wife had some influence on that decision!) He was featured in the Total Immersion newsletter in his TriCATs

singlet! You will recognize Chris, as he is the one who rides his bike everywhere. His day job at the World Bank requires him to travel a great deal and he got the opportunity to ride a bike on a new freeway in China before it was open to automobile traffic! Now THAT is great! He will write something on that for the next newsletter.

In addition, there are some changes happening in the newsletter and we want more input from the membership. If you have an idea for an article and/or want to write an occasional piece for it, contact Chris at chris@lpcb.org. Watch for the new link on the website that will send you directly to the "newsletter idea" folder.

An Interview with Margie Shapiro

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Editors Note: *In case you have been on another planet, Margie won the ITU World Championships in Hawaii. This interview was done by Chris Bennett.*

TN: How did you feel race morning?

Margie: As usual, I felt some butterflies race morning – the typical feeling of not quite being able to get breakfast down. But in some ways I felt less nervous than usual. Maybe it was the distraction of Hawaii's beauty or making sure my kids were sleeping enough. But I did not obsess over the race. I had prepared and knew I would just go and do what I could.

TN: What were your highs and lows for the race?

Margie: I always get nervous for the swim, but one high was looking at the water, and for the first time in a few years, knowing I was going to swim well (due to a recent swimming breakthrough and new found confidence there). Another high was on the bike when I passed the Aussie girl who led coming out of the water –at that point I knew I'd win my age group and had to start thinking beyond that.

My biggest low wasn't that low, but it was the familiar panic I felt when I returned to the transition area to rack my bike and start the run—I couldn't find my rack. I did the same thing at Worlds in Canada 3 years ago...3 racks away, I had to put my bike down and relax, search, spot it, and go.

TN: You have come a long way. Do you remember your first triathlon race?

Margie: My first triathlon was Columbia in 1999 on a borrowed ten-speed with toe clips. I think my average riding week was about 2 half-hour rides at that point, but since I didn't know the course anyway, I wasn't intimidated. I had so much fun, I was addicted.

TN: What are your goals for next year?

Margie: I will be in a whole new world, a small fish in a big pond – my main goal is the same as it was this year – to stay healthy. Also, I want to do a World Cup Race (which you can't just enter by choice) and finish respectfully. I have to see what the pro scene is like before I make many other goals!

TN: How do you manage to juggle your training with a husband, two children, your commitment to the PR Running Club, and the stores?

Margie: I have a very supportive family and lots of great help. My husband is my biggest fan and sacrifices a lot for me. My parents and in-laws help with the kids, whether to cover training or my work (coaching for PR Schoolers) Also, I limit my training hours to about 12-15 max per week, most of which are while my kids are sleeping.



TN: Do you have any training tips you would like to share with the TriCATs?

My best training tip is to listen to our body and make sure to allow enough recovery time. I was a serious athlete in college, and during the times I was healthy (less often than injured) I couldn't figure out how my workouts could be so fast and my races so slow. It was because I was never recovering enough to perform well. I couldn't take advantage of the training. Now, I train much more efficiently because my coach takes recovery so seriously.

TN: Do you have any pre-race "must-do" items or superstitions?

No superstitions or unusual "must-do" items. But I always like to have a good running warm

up, and I always eat a GU 10 minutes before the start.

TN: How do you handle your nutritional needs for your races?

I eat a GU 10 minutes before the start and 2 on the bike. I drink a full bottle of electrolyte drink (I've been playing around with that but always come back to Pedialyte for big races) and a full bottle of water on the bike. I don't eat or drink on the run except an occasional sip of water if it's really hot. I don't do races long enough to need things like Succeed Caps etc.

TN: Any closing thoughts?

Margie: Don't be intimidated by anyone or anything, especially yourself. Set reasonable goals and make a plan to reach them. Anything is possible!



An Interview with Anne Viviani

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Editors Note: *Our second World Champion is Anne Viviani who won the long-distance championship in her age group in Denmark. This interview was done by Mary Delaney.*

TN: When and how did you start racing duathlon/triathlon?

Anne: I started doing multisport 11 years ago, tri in 1995 and du in 1996. I learned about the sport from people in Masters swimming and wanted to see whether I could do three sports together and finish. I had been recreationally swimming, biking and running. I wasn't a competitive person so all I wanted to do was finish and after that I wanted to see if I could beat my previous time.

Even now I don't think I have a strong competitive drive. I don't think I could hurt myself trying to win a race. Mainly, if I start a race I want to finish as well as I can. After flattening at a world championship race in Guernica, Spain and a national championship race at Shreveport, LA, I discovered that what disappoints me most is not being able to finish. Finishing well is even better.

I think I got started running because I'm always late and was always running to get wherever I had to go. My husband, Donn, was always interested in athletics and after we got married we made a deal that we would try to stay active and fit. Had no idea then that this is where that pact would lead me. When I started doing triathlon Tony was ten. Occasionally the kids would come to the races and they were great cheerers.

Our four kids are all athletic: Donn, 28, runs competitive half marathons and hikes; Annie, 26, swims and runs recreationally; Will, 23, runs for an Olympic development team in Eugene, Oregon; and Tony, 20, runs 5k and 10 k races and trains with Team Eugene during college vacations. Donn was a member of University of Cal Berkeley's tri club for several years. Will and Tony were junior All Americans for duathlon and qualified for the World Du team in Calais, France in 2000 along with their parents. So there were four Vivianis on the team that year.

TN: How many races have you done?

Anne: I have probably done about 100 races of all distances: sprints, Olympic, Half Ironman, Ironman and USAT long course. I have been a member of Team USA 20 times: short course tri 8 times, short course du 9 times, long course tri 3 times. I have also competed as part of the winning women's four person team in the Race Across America (RAAM).



When I started, I wasn't sure I would ever get close enough to win a medal. I won my age group at LC worlds in Sweden in 2004 and defended my title in Denmark in 2005. It was such an honor to stand on the podium and receive the gold medal. I was in fourth place three times at du worlds, Rimini, Italy, 2001; Alpharetta, Ga 2002 and Geel, Belgium 2004. I was Du National Champ at Carlsbad, Ca in 2001. In 2004 in Sweden, I was 20 minutes behind the

leader coming out of the (2.5 mile)swim, I was in third place at the end of the (75 mile) bike and finished the (18 mile) run 20 minutes ahead of the number two person.

In Denmark this year, (Long Course Tri) the swim was shortened because of the 57 degree temperature. Also there were stinging jellyfish which were a real disincentive to even get in the water. This was followed by a very windy bike and a hot run. I passed the woman from Denmark about four miles from the finish. In addition to the gold medal, I was given a bouquet of flowers and a pair of shoes. I brought the flowers home with me and they even made it through an inspection at customs.

TN: Do you prefer Duathlon or Triathlon?

Anne: I like both tri and du. I am not a good swimmer so I feel more successful at duathlon. I am motivated right now to try to work on my stroke and improve for next year. Unfortunately by the time it gets cold I forget how motivated I was in the fall.



TN: Do you use a coach?

Anne: I have used Troy Jacobson as my coach since 2000 (birthday present from my husband.) I like having someone write up my workouts. I like that my coach is looking at the whole workout year and will tell me when to work on my base training, when and how much to increase my intensity and when to taper for an event. He also will take into account when I am injured and need to ease up. I have become certified as a coach myself, but I still rely on Troy to help get into racing shape.

TN: Do you train with a group? How much do you train?

Anne: Mostly I train alone. I have a hard time getting up early to train (no problem at races) so I fit in my workout over the course of the day. I think it makes you work harder if you're with a group so I would like to try to start doing that. I have made a list of my "next year's" resolutions. We'll see how they turn out.

I have a flexible work schedule, since I am a substitute teacher. I work part-time at Bonzai Sports and I give triathlon clinics for newcomers to the sport with Ina Nenninger and Sadj Bartolo (www.triitnow.com) I am able to train about 10-12 hours a week for short course races and 15 or more hours for longer races.

TN: Do you have any training tips you would like to share with the TriCATs?

Anne: I strongly recommend track workout for the run. My friend, Sadj, has had a PR in every race this year doing a weekly track workout. For the bike: bike hills and/or do speed workouts on the bike.

TN: Do you have any pre-race "must-do" items or superstitions?

Anne: I'm usually nervous and cranked up before races. I really can't eat anything despite all the stuff that the mags recommend should be consumed for energy. I drink a Coke and nibble on peanut butter crackers or try to eat half a banana. I used to have a lucky shirt that I always wore to races. I had to retire it after I got grease all over it at the Escape from Fort Delaware. Now the only special thing I have is the pink ribbon on my bike in honor of Judy Flannery who was killed eight years ago in a bike accident. During the run I always try to smile. I think it helps keep me relaxed. Also, if there are people on the sidelines they will cheer harder for you if you're smiling.

TN: How do you handle your nutritional needs for the variety of races you do?

Even though I am a vegetarian, I don't seem to have a problem getting enough of what I need to race. I was the only member of my RAAM team who didn't lose any weight and I was getting faster and better as a cyclist as the days went on. I eat a lot of fish, eggs, beans, tofu, nuts and cheese for protein. Donn's great pasta sauces ensure plenty of good carbs. I am still working on nutrition during longer races. I used Gu and Gatorade for the Sweden and Denmark races. I think for my Ironman races to be better, I have to find products that will help me stay in the race longer. I can't get used to Accelerade so I'm looking into some other products to try.

TN: Tell us more about the RAAM.

Anne: In 2002, I was a member of the four person team, "Zisvaw", in the Race Across America. It began in Portland, Oregon and ended in Pensacola, Florida. We cycled in turn and it took us 7 days 14 hours and 55minutes. Before the event, I was worried about biking at night so in training I would bike in the dark in my basement. As it turned out, I loved biking at

night with the stars all around, through the parkland and small towns. There was a pace car behind me providing light while I rode.

Some memorable moments were when I rode 30 miles down a mountain into a herd of cows. Another day, at the end of a turn, when I was really tired, I was chased by a dog and found energy I didn't think I had to pull away from him.

TN: Do you use several different bikes for the various races?

Anne: I have used the same Litespeed Catalyst for most of my racing career. I think it's 10 years old. I use a road frame with clip on aerobars. I am planning to get another bike for next season but I will continue riding this one too.

Anne just returned from the USAT Short Course World Championship in Honolulu, where she said she "swam in beautiful blue waters with a great view of Diamond Head. There were rainbows several times during the race." She concluded that there was "nothing not to like about that race."

This amazing athlete was ranked #5 All American in USAT Triathlon 2004 and #1 All American in USAT Duathlon 2004. Rankings have not yet been posted for 2005, but look for Anne at the top!

An Interview with Bob Jennings

Editors Note: *Although we have two World Champions, most of us in the TriCATs club don't quite reach that level (yet). Bob Jennings is more representative of the rest of us! This interview was done by Mary Delaney.*

TN: When did you begin triathlon? What about it was interesting to you?

Bob: I started thinking about triathlon in 2004, started inquiring in early 2005 and made a commitment this spring when I purchased a road bike and when I attempted to swim for the first time since grade school. I discovered that a mile is real long in the pool. I did it for the challenge -- I like challenges. Triathlons looked fun and my first triathlon, Diamond in the Rough, was indeed challenging and fun.

TN: Were you involved in other sports before triathlon and if you were, did it help you in triathlon?

Bob: Yes. I enjoyed recreational bike riding and I started distance running in 2003 and completed my first marathon in 2004.



TN: Do you have any goals for your participation in triathlon?

Bob: Yes. I completed all three of my 2005 goals: to not drown while swimming, to finish my first triathlon and to not finish last in my age group. I'm happy to report that I completed all three goals.

TN: What is the best thing about our sport? What is the least desirable thing about it (except the porta-potties?)

Bob: I've enjoyed the can-do, friendly spirit at the three triathlons I participated in this year and I've enjoyed the warm welcome and support I received from fellow TriCATs. Crashing my bike was not a lot of fun but I understand it's a right of passage.

TN: What "tri-toy" would you like Santa to put under the Christmas tree for you?

Bob: Only one? Doesn't Santa know this sport is pricey. I'd be happy with a safe and rewarding 2006 season, but if Santa had a state of the art bike I'd be happy to take it off his hands. If he's on a budget I'd be happy with a wetsuit.

TN: What are your plans for next season? Any races in particular you would like to do?

Bob: I'm looking forward to improving my technique -- there's lots of room for improvement when you're in the back of the pack, and I'm looking forward to getting smarter about race-related nutrition. I'm contemplating an Ironman. Anyone want to talk me into it or make a training commitment? I'm still learning about all the various races but look forward to completing events with fellow TriCATs.

TN: Are you from the DC area? What do you do when you aren't training?

Bob: I'm originally from Connecticut but have lived in Northern Virginia since 1987 so it's practically home. I generally don't sit still for long, so I'm usually up to something outdoors when I'm not training. I also enjoy skiing, so I'm looking forward to the winter.

TN: Name the one thing that sticks out in your mind from this triathlon season.

Bob: Realizing that I have a lot to learn and not being able to sleep the night before my events.

TN: Tell me something that most people don't know about you.

Bob: Telling secrets in a newsletter? believe it or not, I enjoy cooking!

TN: Do you take anything unusual or superstitious with you to races? Have any "lucky charms?"

Bob: I don't have any lucky charms, but Bob Marley songs have become a pre-race tradition.

Saved from Duathlons

Chris Bennett
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"Well done. At least you weren't last!" cheered my wife as I exited the swim leg of the Charlottesville Olympic distance triathlon. Small consolation given that out of the 249 competitors there were only 10 or so behind me. At least I didn't have any problem finding my bike in the empty transition area. I passed 70 on my bike and 90 running so ended up an acceptable 99/249 (40 percentile), but it was very discouraging to be such a pathetic swimmer. Perhaps I should shelve triathlons and just do duathlons to save myself from such humiliations ...

Flash forward two weeks. The Lake Dunstan Olympic triathlon in Vermont. I exit the water in the middle of the pack after actually passing people in the swim. No, the competitors were not all disabled. I had just finished a Total Immersion (TI) swim camp (www.totalimmersion.net). My time was down, my legs were stronger, and I finished 31/122 (25 percentile). A 15% improvement in placing in two weeks. Not bad at all. A month later I again came out in the middle of the pack in the Diamondman half-ironman.

Like many triathletes, I came to the sport because I was a cyclist and runner. With my swimming I used the same techniques that I had

learned 30+ years ago in my school gym classes. I had no problems doing several miles in my training, but I had reached the stage of 'terminal mediocrity' where I was not improving. Unfortunately, my unimproved performance fell short of what I expected of myself.

The TI technique is based on the sensible theory that triathletes need to be as efficient as possible in the water. Yes, we can knock two minutes off our time by trying harder, but that will likely lose us more than that on the bike and run since water is much denser than air. By focusing on making us as smooth as possible in the water, and saving our legs, it is just what most triathletes need. You will either do the same time as before, but with less energy, or for the same energy be faster.

The TI camp gave me hope so I no longer am considering duathlons. With regular practice, and also helped by their excellent DVD, I continue to progress with my swimming. Looking forward to some more races and passing people not only on the bike and run but also in the water!



Adding Variety to the Athletes Diet

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Many athletes eat the same foods day after day and week after week. Their typical menu is based on foods such as: bagels, turkey sandwiches, tuna, chicken breasts, pasta, pretzels, and bananas. Sounds familiar?

This type of repetitive diet certainly does keep life simple and for athletes...you know the carbohydrate and calorie content of your safe foods, you know how your body will react to these foods when you exercise, etc. While it may be true that your food choices are healthful, you may want to think about the benefits of eating a variety of foods.

- Eating a wide variety of foods will help you consume a wider variety of nutrients.
- For example, if your only fruit is bananas, you'll fail to get the folic acid that is found in oranges. If your primary protein source is chicken breast, you will miss out on great sources of iron and zinc found in beef.
- Eating a variety of foods enhances your overall health.



Studies show that people who eat a wide variety of foods tend to be healthier and have reduced risks of diseases such as heart disease, diabetes, and certain types of cancer. At each meal you should try to eat from at least three of the five food groups:

1. **Whole Grains:** Whole grains contain important B vitamins such as thiamin, riboflavin, and niacin that your muscles need to convert the carbohydrate you eat into energy. Whole grains also provide the fiber you need for a healthy heart and digestive tract.

2. **Fruits:** Brightly colored fruits such as kiwi, berries, and oranges are rich in antioxidants and other phytochemicals.

3. **Vegetables:** Dark leafy greens, tomatoes, winter squash, carrots and other colorful veggies supply vitamin C, carotenes and antioxidants that protect you from the free radical damage that can occur during heavy training. They intern, prevent muscle soreness.

4. **Lean meat, fish, poultry, nuts, beans and other protein-rich foods:** Protein is especially important for repairing muscle damage and speeding recovery.

5. **Low fat milk, yogurt, dairy and other calcium-rich foods:** eating dairy products is the easiest way to ensure you are consuming enough bone-strengthening calcium. Dairy products also offer a good dose of protein. If you don't eat dairy products choose calcium rich soy products. Other substitutes include calcium fortified products such as orange juice, or breakfast cereal, but these won't contribute a significant amount of protein.

Your goal should be to consume 20-30 different foods per week. Currently, most Americans consume 15 – 18 different foods. You do the math...write down what you eat for a week and count the number of different foods you consume. If the number looks grim, here are some tips for enhancing the variety in your diet.

- **Bagels:** select from a variety of whole grain breads – whole wheat, rye, pumpernickel, sunflower seed. Top with peanut butter, almond butter, low fat cottage cheese, or lox.
- **Sandwich fillings:** try tuna with late mayo, lean roast beef, hummus, peanut butter, tomatoes and fresh mozzarella.
- **Snack:** Try to target at least two different foods per snack. Try: low fat yogurt with granola, apple with peanut butter, low fat cheese with a small handful of almonds, vegetable soup with whole grain crackers, hard boiled egg and a kiwi fruit, baby carrots with hummus, bran cereal with skim milk and fresh berries, vegetable juice and dried apricots, low fat cottage cheese with fresh fruit.
- **Pasta:** Pasta is a great source of much needed carbohydrates for athletes, but it is not packed with nutrients. Try topping your pasta with steamed veggies, grilled chicken and broccoli, tuna, fresh tomatoes and beans. Round out the meal with a glass of low fat milk, tossed salad, and fresh berries for dessert.

The bottom line is this: Adding variety to your diet will not only improve your sports performance but also your health!

It's Winter. Train Like a Runner!

Ray Pugsley

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As a triathlete, you spend much of your time trying to fit your swimming, biking, and running in to the limited hours you have available – an easier task in the summer months when weather and daylight cooperate. As your rides move indoor onto the trainer, wintertime is a great opportunity to focus on the one discipline that you can do nearly all the time even when it's cold – take the chance to change your approach and “train like a runner” for a while.

“Training like a runner” can help you to develop some skills and habits that will benefit all three

disciplines during the in-season months. Many triathletes consider the running leg to be their greatest challenge. Focusing on stretching, adding some new workouts, and improving confidence in the run can only help overall performance when the weather gets warmer and Tri racing season returns.

Competitive runners periodize their training and typically do one or two harder workouts each week within their training cycles. Together with a longer, easy run for endurance/fat-burning, these workouts make up the key components of a training routine. During the winter months, even runners training for shorter events (i.e., the 5K rather than the marathon) will often follow similar plans. To “train like a runner”, consider the following recommendations:

2. Warm-up!: Adequate warm-up is critical year-round – warming up for 20-25 minutes is optimal. To get the most out of a harder effort, both your cardio and muscular systems need to be ready. During the winter, warm-up is even more important because it can mitigate potential injuries caused by cold muscles.

3. Stretch your calves: Like warm-up, stretching is an often ignored but very important component of all training (we’re preaching to the choir here, but like everyone, are guilty of fitting in the workout but not the pre- and post-supplemental efforts.) If you don’t have time for a long stretch (or are forced to hop in the car right after a run in the cold), make a point of at least doing a little calf stretching, and follow it up with some lower leg work in the morning or evening.



Upcoming TriCAT Promotions and Events from PRR and the PR Running Club!

TriCat Mesh Hats are now available ONLY at PRR Stores: Get your “dri”, mesh hat w/an embroidered TriCAT logo. Pick one up for just \$20, or get it FREE w/a purchase of \$100 or more. Of course your TriCAT 10% discount is always valid on all purchases at PRR.

Winter Coaching for the Run: Improve your run leg for next year’s TRIs, prepare for spring road races, or train for a spring marathon.

- PR Running Club’s 10-Week Winter 10K Prep Program tailored to TriCATs begins 1/3/06.
- TriCATs receive 15% off all regular PR Running Club coaching services, including Individualized Training Programs to



prepare for the new National Marathon and other spring races. Join us in December to ensure adequate preparation for a spring marathon.

Find details on PR Running’s coaching programs at www.potomacriverrunning.com/tricats and www.prrunningclub.com.

AI Stretching Seminar at PRR Burke Store at 5 PM on January 29, 2006: Participate in a hands-on seminar introducing the Active Isolated Stretching Technique. PRR will sponsor the seminar given by Chris Graff, an AI Stretching Specialist and elite runner. Limited spaces are available so register early to ensure you can participate.

Details at www.potomacriverrunning.com/tricats.

www.potomacriverrunning.com

1. Focus on strength: The main workouts each week should be longer, strength focused efforts. Tempo runs (20-30 minute efforts just below lactate threshold), “cruise” intervals (longer intervals—800m to 3200m—at threshold pace with very short rest), hill repeats, and fartleks are the building blocks. These types of workouts make up the core of any runner’s routine, and are year-round staples for most true distance runners. During the winter months, these strength workouts are safer than speed-based intervals (running at high speed with long recovery in the cold/ice can be difficult and open the runner up to injury) and typically fit in well with a larger plan focusing on “A” races in the late spring and summer.

Whenever you run on an uneven surface or anything slippery, your calves (and the small stabilizing muscles associated with the bigger muscles) take most of the burden. Tendonitis, plantar fasciitis, and even stress fractures can be the unhappy result. Remember that your calf is made up of two distinct muscles, the soleus (lower calf) and the gastrocnemius (upper calf) and both need attention!

4. Dress appropriately: As triathletes, you already know that the proper equipment can make all the difference not only in comfort, but performance. This rule is true in running as well. Dress in layers and try to avoid cotton all-together – particularly in the base layers. On

colder and/or wet days, wear an outer shell to break wind and repel water.

In our climate true waterproof fabrics are only really necessary a few days each winter. To be called "waterproof" a garment's seams must be sealed, and while water can't get in it also can't get out, which can keep you a little too "sticky" and uncomfortable underneath. If you are only getting one jacket, you may want to get a water-resistant one instead – with the added benefit of saving a little money!

It is typically better to be over-dressed than under-dressed in the cold, and if you get too warm you can always shed a layer.

5. Set an intermediate goal: It's hard to get out the door in the dark or when it's 30 degrees and sleeting. It's even harder when your first race is in May and that's nearly 6 months away.... This problem isn't specific to triathletes – runners who race seriously from spring-fall face the same motivational challenge.

The solution is to choose an intermediate race or two to give you some incentive to put in the time. If you're looking toward an Ironman or Eagleman, then perhaps think about a spring marathon or half marathon. If you're more of a Sprint/Olympic-Distance kind of athlete, then a 5K or 10K may be a better goal. There are several very low key options during the winter months, and of course the DC favorites – The St. Paddy's Day 10K and Cherry Blossom 10-Miler – in early spring are good goals. The new National Marathon may be of interest to those looking for a spring marathon that doesn't require travel.

6. Cross train: As triathletes, you already do a lot of what runners would consider "cross-training" – time on the bike and time in the pool can only help your overall fitness, and therefore make you a better runner. You can also use the time in the gym to add some lifting and strength training into your routine – focus on your core.

7. Use the treadmill wisely: When the temperature outside is 20 degrees and it's a balmy 75 in the gym, the treadmill can be tempting. Used in moderation it is a great way to get in your workouts, allowing you to run a little faster without concern about darkness, slipping, etc. It's not wise to do all your running on the treadmill, though.

First, from an injury standpoint, treadmills will vary in their operating condition (particularly home treadmills that are not constantly maintained). The belt of an improperly maintained treadmill can slip very slightly—and although you can't feel it, your lower leg will be in a state of increased stress. Second, on the training side, the treadmill has no wind

resistance – it's easier than running the same pace outside. You should adjust the incline to between 1.0 and 2.0 percent to begin to account for this difference.

More importantly, the treadmill does the work of maintaining a pace, allowing you to relax your focus – something you can't do in a race. Not having to keep your brain engaged to maintain pace can be relaxing after a long day of work but, may cause frustration when you return outdoors and have to do the work yourself.

***Editors Note:** Ray Pugsley has "trained like a runner" for years. With a PR of 13:42 for 5000M, he was 6th at the Olympic Trials in 1996, and just recently paced his wife to a 2:58 in the 2005 Marine Corps Marathon. Ray is the owner of PR Running Stores and coaches adult runners through the PR Running Club". The club meets at Arlington's Washington-Lee High School early Tuesday and Thursday mornings. After 8 months of training I have taken almost a minute off my mile time. Come and join our group ... you won't regret it.*

Does Your Bike Fit You?

BJ Basham

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Does your bike fit you or do you fit your bike?

In other words, is your position on the bike based on the length of your limbs and range of motion about your joints and your riding style, or is it based on the equipment you have chosen or what came with your bike from the shop.

Too often, I have found that the latter is the case. Many riders try to adapt the way they ride and the way they sit on a bike to what the bike allows them to do, as opposed to adjusting the parts on the bike to allow them to ride in a position that is efficient, aerodynamic and allows them to avoid many overuse injuries related to long hours in the saddle. The other mistakes many riders make is worrying about the "look" of their bike or trying to match the position of their favorite pro.

The fact of the matter is that the human body is very adaptable and will learn to work in even the worst riding position over time. There have even been some very successful cyclists who have ridden in very unorthodox positions (check out old photos of Sean Kelly). Another fact is that the damage done by a bad riding position or misaligned pedal stroke may not be noticeable for quite a long time. How often have you noticed a pain in your knee or hips that only comes on when you put in some extra miles?

The goal of a good bike fit is to set the saddle, handle bars and cleats in a position that allows you to turn the pedals efficiently and with no damage to your joints or bones and to avoid undue fatigue. When your riding position fits you, your bones can carry more of the stress of applying power to the pedals and supporting your body, and your joints can work and track within their normal range of motion.

A precision bike fit is one that is based on the length of the bones and the position of the joints that are involved in the process of pedaling your bike. In order to get a precision bike fit, each segment of the limbs involved in the pedaling motion needs to be accurately measured. Short of using an x-ray machine, the best way of getting those measurements is by locating and marking the anatomical landmarks on the rider and then taking precise measurements.

Another challenge cyclists with more than one bike may face is how to make sure they are riding in the same position on whichever bike they choose to ride. It is important to avoid changing your riding position frequently because muscle memory is a very big component of a smooth and powerful pedal stroke. If your saddle height changes up and down and back and forth every time you ride, your muscles will be trying to pull up before your reach the bottom of the pedal stroke or push down while your foot is still on its way up. This lack of coordination can lead to injuries to the joints, muscles and other connective tissue as well as impaired performance.



A good bike fit is one that can be transferred from one bike to the next while maintaining accuracy and precision. Remember that your position is your position no matter which bike you ride. What this means is that frame geometry should not have an affect on your riding position. Your butt should still be in the same place relative to your feet and hands.

The type of riding you are planning to do should also be considered when determining your riding position. The requirements of road, mountain and time trial/triathlon riding will result in a

different riding position for each style. Aerodynamics, bike handling, sprinting and climbing requirements all have an affect on your riding position.

There are many good fitting systems that use different landmarks and biomechanical measurements and calculations in order to determine the riders ideal saddle, handle bar and cleat position. When shopping around for someone to fit your bike to you, the more precision there is, and the more factors that are included in determining your position, the better. I will admit that there are probably one or two gurus in the world that could look at you and tell you exactly what needs to be changed, but the rest of us need to do some measuring to get it right.

I would recommend that you look for a system that determines your ideal riding position independent of the bike or equipment being used and look for a bike fit professional who will take into consideration other factors including riding style, biomechanical imbalances, physical differences from one limb to the next and neuromuscular issues that may not be fixed by even the most precise setup.

Something to keep in mind if you are planning on having a professional bike fitting done is that the equipment that you currently have may not allow you to achieve your ideal riding position. The seat post or saddle may not allow for the amount of adjustment required or the top tube on your frame may not allow you to get to the ideal reach to the handlebars. The bike fitter will aim to get you in the best riding position, but it will be up to you to take their advice and make the recommended changes.

Also remember that it may take a bit of time for you to adapt to the new riding position. A period of low intensity riding should always be planned for after making any changes to your riding position, especially if the changes are big. Never change your position right before an important event.

Riders at every level have a good reason for having a precision bike fitting done. Riders who only get out once or twice a week will want to be sure they are getting all they can from the time they spend in the saddle and riders who compete or put in a lot of time on the road will want to be sure they are as riding as efficiently as possible while at the same time avoiding overuse injuries from even the slightest misalignment or imbalance.

Remember, your bike should fit you, not the other way around.

Editors Note: *BJ Basham is an USA-Cycling Expert coach working with The Peaks Coaching Group and an experienced Wobble*

Naught bike fit professional. I asked him to write this article after having him do a fit for my road bike. It made the world of difference. I highly recommend his services. For any questions about coaching, bike fitting or the Wobble Naught Laser Precision Bike Fit system, he can be reached at 703-803-4621 (Fairfax) or by email at bj@peakscoachinggroup.com.



Team In Training Coaching Opportunity

The Leukemia & Lymphoma Society is looking for individuals to train triathletes from the Washington, DC metropolitan area for our Team In Training Triathlon Program.

We are looking for experienced athletes who have vast knowledge of triathlon, including techniques and equipment, and can work with athletes of all skill levels. We currently have openings for swim coaches as well as bike/run coaches. All coaches are responsible for designing a 16- to 20-week, day-by-day training program that will prepare individuals for their race day events, hosting group training sessions, weekly communications with team members via emails that include training tips and program updates, and supporting teams on race day.

Swim coaches are required to coach a weekday morning swim practice once per week and the bike/run coaches host group training on Saturday mornings.

Positions are paid with an opportunity for travel.

If you are interested in either of these coaching opportunities, please contact Julie Oplinger at oplingerj@dc-cap.leukemia-lymphoma.org or 703-960-1100.

On the Web: Sites of Interest to Triathletes

www.roadbikerider.com	This is one of the best sites for cyclists. There is a great weekly newsletter which is stuffed full of tips and advice. The site has advice on a range of topics and excellent gear reviews.
www.sueandpaul.com/ gmapPedometer	Ever wondered how far you ran on your training run/ride? This is the solution. It is an online pedometer which is linked to google maps. You zoom the map to the area that you trained in and then click the mouse along your route. The total distance traveled is displayed.
www.marathonguide.com/FitnessCalcs/ PaceBandCreator.cfm	A marathon pace wristband creator. You enter your time goal and the time you need to pace yourself throughout the marathon is created in a band suitable for taping to your wrist. It includes split times for every mile or for every five kilometers, and includes the half marathon time.
www.trinewbies.com	Excellent site for those new to the sport, and even for experienced triathletes. Contains a wide selection of materials covering all aspects of training and racing.
www.sportsexpress.com	Don't want to worry about shipping your bike to your next race? Sports Express will collect your bike and have it delivered to your destination.
www.parktool.com/repair www.jimlangley.net/wrench/wrench.html www.sheldonbrown.com/repair/index.html	Online manuals for repairing and maintaining bicycles.

Please send your favourite web sites to: editor@tricats.org

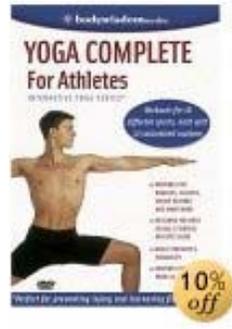
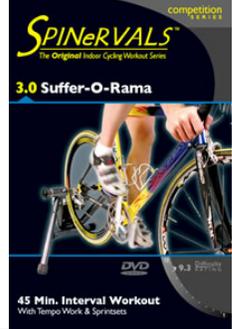
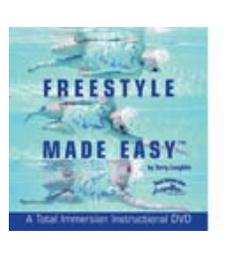
Spring Training Camps

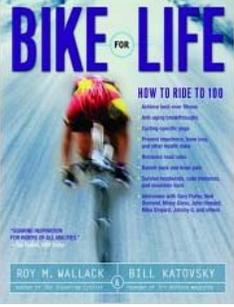
If you are thinking of a start to your triathlon season with a spring training camp? Here are some options:

Name	Description	Dates	Cost
Eurocycler	7 – 10 day programs in Gerona, Spain. For novices to advanced triathletes. Indoor 25 m lap pool and outdoor, heated 25 m lap pool, open water swimming in the ocean, hundreds of miles of road cycling with flats, hills and mountains and running trails along the coast. www.eurocycler.com .	3 dates March 30 – April 29	\$1500
Sporting Tours UK	A variety of spring cycling training camps in Spain and on the Italian Adriatic. www.sportingtours.co.uk . Generally the lowest cost company for sporting tours, but it is great value for money.	Several from January to April	\$400 upwards
Multisports.com	5 day San Diego winter camp is an intensive five-day, four night training camp for athletes of all levels. Includes: Group Lectures with triathlete champions; training sessions according to ability; swimming, cycling, & running; Anaerobic Threshold Testing An opportunity to train with some of the best multisport athletes in the world (including Paula Newby-Fraser and Heather Fuhr). www.multisports.com .	February 1 – 5	\$1095
Troy Jacobson Triathlon Academy	Coach Troy and coaches from the Triathlon Academy and Spinervals Cycling run 4 or 9-day training camp in the high desert region of Tucson, Arizona. The camp is intended for triathletes who want to work on their endurance base, shed some winter pounds and to start gaining some momentum going into the new season. www.triathlonacademy.com	March 3 – 12	\$595 - \$1045
BodyZen	BodyZen Winter Training Camp in Clairmont Florida with IM Champion Heather Gollnick Train hard and learn from the top tri coaches and professionals in the world. They even race the Escape from Alcatraz Qualifier on the last day of camp. This is a technique and education focused camp. www.bodyzen.com	February 3 – 5	\$325 - \$375

Gadgets and Gifts

Christmas is coming. Here is a list of gadgets and gifts any TriCAT would like.

	<p>What: DVD</p> <p>Title: Yoga Complete for Athletes</p> <p>Cost: \$18 from www.amazon.com</p> <p>Why: Who enjoys stretching or can fit in visits to yoga classes at the YMCA around a busy training schedule? This DVD is great since it contains a range of yoga stretches geared around different sports. You can choose short, medium or long programs and vary the routines around swimming, cycling and running.</p>
	<p>What: DVD</p> <p>Title: Spinervals 3.0 Suffer-O-Rama</p> <p>Cost: \$29 from www.spinervals.com</p> <p>Why: It is winter so time to work on the trainer. This is a great DVD comprised of 45 minutes of power sprints and highly anaerobic sets. It is a very challenging training program which will help your cycling.</p>
	<p>What: DVD</p> <p>Title: Freestyle Made Easy by Total Immersion</p> <p>Cost: \$40 from www.totalimmersion.net</p> <p>Why: Many triathletes are not good swimmers. If you want to improve the 'Total Immersion' technique may help. This is designed to make you efficient in the water, saving energy for the ride and run. You will either love it or hate it – but it does seem to work.</p>
	<p>What: Road ID Identification</p> <p>Cost: \$25 from www.roadid.com.</p> <p>Why: Accidents happen and with RoadID someone will at least know who you are.</p>
	<p>What: Brightgear Supernova Light</p> <p>Cost: \$13 from www.roadid.com.</p> <p>Why: It is winter and the sun sets early. These lights are probably the brightest lights you will ever come across. An added plus: they are small enough to fit through the strap on the back of a baseball cap.</p>

	<p>What: Book</p> <p>Title: Bike for Life by Roy M. Wallack and Bill Katovsky</p> <p>Cost: \$12 www.amazon.com</p> <p>Why: This is one of the singularly most useful books on cycling. It covers a range of topics including training, techniques, indoor training, nutrition, impotence (yes, it does happen if you ride too much!), bike fit, and more. Interspersed with all this useful information are interviews with people ranging from Gary Fisher (Mr. Mountain Bike) to John Sinibaldi (who is still a hammerhead in is 90's).</p>
	<p>What: Gel Bot: A water bottle which also dispenses gels</p> <p>Cost: \$12.95 from www.gel-bot.com</p> <p>Why: A container inside the water bottle holds your energy gels. If you open the bottle all the way, you get water. Half way; a mixture of gel and water. Squeeze when it is closed, you get the gel. Saves tearing at packets with your teeth.</p>
	<p>What: Topeak Flashstand</p> <p>Cost: \$30 www.performancebike.com</p> <p>Why: A great tool to leave in your triathlon bag. The ultimate roadside/trailside repair stand. This lightweight stand is made of tough aluminum and is small enough to take long, it's perfect for those impromptu flat fixes and quick repairs before the ride. 7.5" x 3.2" x 1.8" folded/ 19.7" x 8.9" open. Wt.: 500g.</p>
	<p>What: Zoot Triathlon Bag</p> <p>Cost: \$140 from Big Wheel Bikes</p> <p>Why: This is a fantastic triathlon transition bag. It contains many pockets and there is room to store all your gear. There is even a dry bag for the wet suit.</p>
	<p>What: Bonk Bicycle Frame Protection</p> <p>Cost: \$5-10 from www.bonkprotection.com</p> <p>Why: Protect your bicycle. A series of clear, 8 mm thick, plastic shields that can be applied over decals or on spots where cables can rub through the paint.</p>

	<p>What: iBike Pro Power Meter</p> <p>Cost: \$350 from www.ibikesports.com</p> <p>Why: We all know that serious cyclists use wattage meters to improve their cycling, but the technology has been too expensive. The iBike Pro power meter is small and only requires a wheel sensor – no special hub or crankset. Instead, it measures the forces opposing power (wind, gravity, slope, elevation and acceleration).</p>
	<p>What: Rocket7 Custom Cycling Shoe</p> <p>Cost: \$439 from www.rocket7.com</p> <p>Why: Very light and very comfortable. The shoes are custom made so they engage every contour of your foot for maximum transfer of power to pedal, plus sock-like comfort.</p>
	<p>What: Rocket Shower Body Wash</p> <p>Cost: \$10 from www.10nine8.net</p> <p>Why: Even need a quick shower when water was not available? Then this is what you are looking for. It is like Windex for your skin. Spray it on, wipe it off with a towel, and wait for the rest to evaporate. Unlike handwipes it should be easier on your skin with witch hazel, peppermint oil, grapefruit peel oil and vitamin E.</p>
	<p>What: Prostacycle Prostrate Aid</p> <p>Cost: \$25 from www.prostacycle.com</p> <p>Why: What guy over 40 isn't concerned about prostrate health given that 1:2 have discomfort and 1:6 get cancer. Given the stresses cycling puts on our nether-nether regions, could be a good investment.</p>
	<p>What: Sportlegs</p> <p>Cost: \$27 from www.sport-legs.com Enter the Coupon Code USA during the checkout process for an instant 25% discount.</p> <p>Why: Was recommended by a professional cyclist as something which helps reduce the effects of lactic acid build up. Each capsule contains vitamin D, calcium and magnesium. Can't hurt. May help.</p>

Please send your suggestions for Gadgets and Gifts to: chris@lpcb.org

TriCATs Sponsor Directory

Sponsor	TriCATs Member Benefits
Big Wheel Bikes 3119 Lee Highway Arlington, VA (703) 522-1110 www.bigwheelbikes.com	5% discount on bikes; 10-20% off on accessories; free bike fitting; priority repair service and special order service. (Discounts will be honored at all four locations, but for repair and special order services, please visit the Arlington store.)
Potomac River Running 5715 Burke Centre Parkway Burke, VA 22015 (703)-978-0500 20630 Ashburn Rd. Ashburn, VA 20147 (703) 729-0133 www.potomacriverrunning.com	10% discount off everything in the store; free PRR Dri-Release T- shirt with shoe purchase (1 per customer); free video gait analysis; discounted training programs including in-person, coached track workouts. <i>Watch the TriCATs listserv emails for additional promotions and discounts.</i>
Principle Fitness 925 Rogers Drive Falls Church, VA 22042 (571) 278-4581 www.principlefitness.com eric@principlefitness.com	Discounts on all group training programs; \$50 off the start-up fee of any coaching program from any Principle Fitness coach. <i>A good coach needs to know not only "how", but more importantly "why" the athlete is training.</i>
Positively Chiropractic and Dynamic Kinesiology 5105A Backlick Road Annandale, VA 22003 (703) 642-8685 www.posichiro.com	Complimentary Sports Injury Prevention Examination; 10% off Running-Specific Orthotics. <i>Always Moving Forward</i>
Old Town Massage Center 312 South Washington Street, 3C Alexandria, VA 22314 (703) 518-8484 OTMCMassage@aol.com	\$10.00 off any massage of 60 minutes or longer (includes the purchase of gift certificates). Appointments are best booked in advance, especially for evening appointments. <i>Your Partner in Performance</i>
L.T. Therapy, Inc. 8301 Arlington Blvd. Suite T-12 Fairfax, VA 22031 (703) 309-7624	10% off the hour massage price <i>Activating stabilized movement patterns through therapeutic exercise and massage</i>
Transitions Therapeutic Massage & Bodywork 8301 Arlington Blvd. Suite T-12 Fairfax, VA 22031 (703) 289-9400 www.transitionsmassage.com barb@transitionsmassage.com	10% off each therapeutic massage session with TriCATs ID card (Please be aware that you will need to schedule in advance as I am often booked out 2-6 weeks depending on the time of year.) <i>Geared toward injury prevention, rehabilitation and recovery of the endurance athlete and chronic pain client</i>

Please support our club sponsors.