



# CAT TALES

Spring 2006

[www.tricats.org](http://www.tricats.org)

Volume III, Issue 1

Welcome to the first TriCATs newsletter for 2006. As we ramp up for our competitions this year we need to keep in mind that we don't overdo it. Triathlons seem to attract a certain type of person who is goal focused and driven. This can lead to unexpected consequences ...

An article at <http://www.slowtwitch.com/mainheadings/opinion/70.3.html> asked the question how much training/racing is too much: "In the wake of the death of 63-year-old George Wright, owner of a 10:48 finish in Kona six weeks before his heart gave out while riding his bicycle with a group of his friends, one cannot escape the question: are two or more Ironman races in the span of several months healthy for working-class family men and women across all age categories?"

I must admit that to me the idea of an Ironman is daunting, especially when the same author noted that: "the average Ironman competitor—age-group competitor, mind you—swims 12,000 yards per week, bikes 230 miles a week, and runs 48 miles a week. He or she does this for seven months prior to an Ironman." Fortunately for me, my job (and even more importantly my wife) does not permit anything like that sort of time for training.

So with the new season upon us, remember to train smart and race smart so you don't overdo it.



TriCAT in China (see page 6)

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**Capital Area Triathlon Club**  
PO Box 2763  
Merrifield, VA 22116

**Mark Your Calendars:** Feb 21 Club Meeting with presentation by Margie Shapiro



## Presidents Corner

**Chas Ryan**

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Trying to determine my subject for this quarter's article was more difficult than for other issues. I have stumbled with writer's block but finally came to the realization that I needed to put on paper what my concerns have been over the last few months regarding TriCATs.

Like many TriCATs I joined the club because I thought it would give me more training opportunities and training partners. While this has occurred, the most value I have gained from being a member is the camaraderie and friendship along the way. For these reasons the health of the club and the satisfaction of the membership are very important to me. With this in mind I have to ask the question as to why more members do not want to invest in the well being of the Club and take ownership.

Our Club has grown to over 220 members, added sponsorships, and planned new events that we hope to continue each year. However as we have matured as an organization, the interest in supporting it, planning events, thinking of new things to try is left in the hands of a small group of members. I do not know why this is as we have asked for help and volunteers many times. This is a concern because those members that do so much to develop a sense of ownership in the club will eventually burn-out and become less involved, and the ability to do things that benefit all of us will wane. I believe all of us know that the \$35 membership fee is not that much and this may be a reason very few TriCATs want to be involved because it is

small enough that there is no risk. I truly wish all of us would look at things from a different perspective and realize that for \$35 you have joined a tremendous organization that is not based on a water bottle, T-Shirt, and sponsor discounts. Many of us feel that we have invested a lot in TriCATs and the fee is a small price to pay for all we have gotten from it.

Another issue that concerns me is the intimidation factor when joining the club or when trying to become involved. The sport of triathlon can be daunting at first but please remember that we all started humbly. My first experience to the club was after a few months in the sport when I owned only a mountain bike and was otherwise clueless. I showed-up to the 2003 TriCATs picnic without knowing anyone and was welcomed to the club and the tri-community—this was one of my best decisions in recent memory. I also remember joining other members on bike rides and being dropped because I wasn't fast enough and being in the slow lane (I still am) when in the pool. Many of us in the club have similar stories so all I can ask is that you try to become involved, ask for help if you need it, and you will be surprised what a little effort on your part will bring.

TriCATs is member-owned and without the support from all of us we will not grow or improve.

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## An Interview with Stacey Long

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*This interview was done by Scott Weinhold  
(scott.weinhold@verizon.net)*

Stacey Long is from Pennsylvania, most recently Pittsburgh; she and her husband Nate moved here in 2002. She got involved in triathlons as a way to meet people in a new area. Stacey got a Team in Training flyer in the mail and it sounded like a good idea. She hadn't swam more than two laps since sixth grade, didn't own a bike, and had never run anything farther than a 10K. It seemed like something she could do...so she did, and here we are!!! She is currently a Director of Member Services with the Corporate Executive Board, a local DC network-based, best-practice research firm.

**TN: When and how did you start racing triathlons?**

Stacey: I started with Team in Training back in 2003; my first race was St. Anthony's Olympic Distance Triathlon in St. Petersburg, FL. Ed

Zerkle coached me (it was my first Tri and his first time coaching TNT!).



**TN: Do you use a coach?**

Stacey: You bet! Eric Sorensen from Principle Fitness

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

Stacey: I do nearly all my training with at least one other person. I am so much more motivated that way; it makes me feel more accountable if someone is expecting to see me and I don't show up! I know that I am less likely to stick to my training schedule alone so I find ways to circumvent my own laziness!

How much I train depends on what I am training for. I would say anywhere from 10-20 hours per week on average.

**TN: How do you balance work and training?**

Stacey: That is a very good question. Before starting my current job it was quite easy. Now I have a lot more responsibility, more work and a lot more travel. I find that I have to get most of my workouts done in the early morning before work if I want to stick to the schedule. When I travel I will always take my running clothes along and at least get my runs in.

**TN: What do you consider to be your strongest event and how does that affect your race/training plan?**

Stacey: The run is my strength (or at least it was until a quad injury last May). Based on this

strength I spend more time running (also because I actually enjoy it!). Running is typically where I can count on making up at least a little bit of time during races.

**TN: What do you consider to be your weakest event and how does that affect your race/training plan?**

Stacey: THE BIKE!! I just am slow and that is because I don't work at it and therefore I don't enjoy being slow and suffering and it is a "catch 22" situation. I can't get better if I don't spend time on the bike and I don't enjoy it as much, so I spend less time on my bike. This is different – I am living on my NEW bike and I think I am finally starting to see results!

**TN: How many races have you done?**

Stacey: I have done 15 Triathlons, (including one Half Ironman, one Ironman and a medley of other distances) I had to scratch out of two races last year because of my injury!

**TN: What is your favorite length race? Do you have a favorite race?**

Stacey: I am not sure that I have a favorite distance; they all have their ups and downs and are so different. Sometimes it is fun to go hard (like a sprint) but Ironman is such an emotional experience that I love it as well! My favorite race is St. Anthony's - I think it is such a well run event and they make everyone feel like a pro!

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

Stacey: I need a fountain Diet Coke. I don't drink coffee, so this is my caffeine ingestion method. That is really the only thing that I do nearly every event.

**TN: What do you feel when you cross the finish line?**

Stacey: I love the feel of crossing the finish line and knowing that I have done more on a Sunday morning than many people will do in any entire month! It is such a great feeling of accomplishment, whether it is your first race, 15<sup>th</sup> race, sprint or Iron distance.

**TN: What is the first thing that you like to do when you complete a race?**

Stacey: Find friends or family!! Then (of course) EAT!!

**TN: What do you enjoy most about triathlon?**

Stacey: The community – it is such an amazing high to be at a race and soak in the energy and

the people. I love the challenge – no race is “easy” regardless of the distance and with three sports there is constant room for personal improvement.

**TN: What do you enjoy most when race season is over?**

Stacey: I enjoy sleeping in, and getting to catch up on all the things that I let slide when I was hard core training. I think that the “off season” is just as important as any ramping up that you do. Mentally you need the break and you need to get some balance back into your life and take the time to give back to those who have supported you while you did nothing but train!

The only part I hate is the weight-gain! So hard to stop fueling the machine even when the machine is in Park!!

**TN: What else do you enjoy when you’re not working or training?**

Stacey: Sleep late, get a bagel with egg and cheese for breakfast (with a fountain Diet Coke of course) do a cross-word puzzle and relax!! I also use my “down time” to catch up with family and friends

**TN: What is the one thing you most want TriCATs to know about you?**

Stacey: That I am always available for a swim, bike or run if anyone needs a partner! Just give me a call.



#### Mary Delaney – Secretary

This is my second year as TriCATs secretary, my 9th year as a triathlete and 30th year as a runner. Obviously, I began running when I was a baby! I am a physical therapist, currently doing Home Health Care and a USAT Level 1 Coach. I have a business with my husband, AI, Rehab to Racing which is geared to keeping the injured athlete training. We have 2 children, ages 23 and 20 and one very old dog. I have been studying Italian for the past 3 years and am looking forward to our biking trip to Sicily in April.

## Meet the TriCATs Board

#### Chas Ryan – President

I entered multi-sport in 2003 with off-road triathlons being my only objective and my first race was the Odyssey XTERRA Off-Road Triathlon at Sherando Lake, Virginia. However, mid-season I was sidelined with an injury and while recovering my sister convinced me to sign-up and race with her in the 2004 IM Lake Placid. Thus, in October of '04 I bought a tri-bike and became thoroughly imbedded in the sport.

Since IM Lake Placid I have balanced my efforts between off and on-road events with an occasional mountain bike race. I do not have a racing mantra but I do believe in training hard and being as economical with my time and effort as possible. In addition to triathlon and TriCATs I am thoroughly engaged with my profession as a security consultant.



*Mary at the Tour de France*

**Jenn Brown – Vice President**

Jenn has been a member of TriCATs since January 2004. As a triathlete, she has raced at distances ranging from Sprint to Ironman, having recently finished Ironman Florida in 2005.

Professionally, Jenn is the Executive Director of Girls on the Run of NOVA, a non-profit aimed at encouraging positive social, emotional and physical growth in young girls, while training them to complete a 5K running event.



Having grown up on the beach as a Cape Cod local, you might be surprised that swimming is Jenn's weakest and least enjoyable sport. She is trying to improve, but has yet to get over her fear of sharks. When she's not running, biking,

swimming or sleeping, Jenn enjoys cheering on her favorite Boston sports teams, skiing and traveling. Her new hobby is mountain biking and is looking forward to giving the XTERRA East Championships in Richmond a shot this summer.

**Christie Hill - Treasurer**

Hello, my name is Christie Hill, and I was recently elected Treasurer for the CATS. I began competing in triathlons last year and became addicted to the sport. I teamed up with Mary and Al DeLaney in a relay at the Devilman race last May, then went on to race in Escape from Ft. Del., DITR, and Dewey Beach. This summer I hope to participate in more Olympic distance races, including the Bay Bridge Swim. Someday I'd love to complete in an Ironman.



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I work full time as a physical therapist assistant at INOVA-Worldgate and part time as a sales associate for Williams Sonoma. My family is spread from Colorado to California, so most of my vacations are spent traveling. Since I recently purchased a condo in Reston I have been busy painting and furnishing it.

As a new board member I look forward to meeting all of you during the coming weeks. Thanks for giving me the opportunity to serve on the board.

#### Brian Kennedy – Member at Large

- HS Chemistry Teacher & Assistant Cross-Country Coach (TJHSST); seven years coaching experience with two Cross-Country State Championships (with TJ) and three Wrestling State Championships (at Southern Vance HS in North Carolina).
- Personal interests in triathlon training for general fitness & fun, being outdoors, and for loftier climbing endeavors – still aiming for Denali in Alaska, or other fun cardio-intensive mountains.
- TriCAT goals include increasing membership volunteerism at races, socials, team events, etc. – maintaining that ‘team’ atmosphere. TriCATs are a great group of people to race with, workout with, and generally spend time with, so continued promotion for this will be put forth.
- Promote group and team workouts in various locations for all ability levels.
- Getting married June 24, 2006!



**Brian climbing in Red Rocks, NV – he couldn't find any good race photos**

#### Stephanie Lewis – Member at Large

I am originally from Chesapeake, Virginia, currently living in Alexandria. Since 2002, I have been a member of the TriCATs, USAT, US Master's swimming, and also a long standing member of the Tidewater Striders. I have finished 2 Ironmans: Lake Placid 2003, Coeur

d'Alene 2004, 3 Half Ironmans (White Lake) and 5 marathons; 4 Marine Corps, Rock 'n' Roll. My best performances took place in 2002, when I finished 2nd overall in the Tidewater Striders Triathlon Grand Prix Series. In 2006, I plan to return to triathlon, competing in Moose Man, Lake Placid and the first ever Iron girl triathlon in Columbia Maryland. Thank you Hollie Kenney, Weight Watchers & my Mom. ☺

## TriCAT in China

**Chris Bennett**  
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If you ask a cyclist what are the downsides to cycling, the answer would usually be along the lines of (i) traffic; (ii) hills; (iii) headwinds; and, (iv) rain. Perhaps not in that order, but some, if not all, would be there. For me it is traffic. There is nothing worse than having to dodge cars that pull out in front of you, honk their horns from behind, or come so close you clean the dirt off their passenger side mirror.

My job at the World Bank consists of managing the construction of several expressways in China. My Chinese colleagues were amazed to learn I had cycled across the USA from San Francisco to Maine, and mountain biked along the Rocky Mountains from Canada to Mexico. When they joked that I should inaugurate our latest expressway by riding my bike I of course said yes. What TriCAT (or other follower of the dark side of endurance sports) would turn down the opportunity to ride 150+ miles in a day on a brand new interstate highway with no traffic? So, along with nine Chinese colleagues, we inaugurated the Xiaogan-Xiangfan expressway with our bicycles.

The Chinese are consummate organizers and my counterparts at the highway department did an amazing job. They arranged for the police to provide an escort to ensure our safety even though the road was still closed, there was still a little construction traffic and the occasional dignitary zooming through. They provided several 'sag wagons': vehicles which would hold a bike if the cyclist got tired and which also had

food and other important supplies. We were also issued small flags to attach to our bicycles, celebrating the "rally". There was even a doctor for accidents (and massage). Last, but not least, there was a TV crew from the Hubei provincial television station. They asked me a few questions before the ride, and then popped up at regular intervals to record our progress. Apparently cycling a closed expressway was a newsworthy event, especially as it involved a foreign World Bank advisor! Dignitaries normally only cut the ribbon.

I flew over with my Trek 5200 bike, even though I have a bike in China that I use when on business there. By comparison, the other cyclists had a range of bikes. There was one good bike (a Giant) but most of the others were the Chinese 'Flying Pigeon' type bikes. Some were very ancient and hadn't been serviced in a decade; others were bought for \$60 the day before the ride. The Chinese were **very** interested in what my bike cost. When I told them that my carbon fiber seat post cost more than a complete 'Flying Pigeon' (retail price: \$50) they were shocked.

Unfortunately, the weather for the day was nothing short of horrible. A tropical storm was battering the south of China and we enjoyed the dregs of it. Lots of rain and strong headwinds. I was the only one who had ever cycled that distance before and so I knew how hard it was going to be to battle through such weather, but the arrangements had been made and the show had to go on! In hindsight it proved to be a good decision since the following day was wetter, windier, and colder. Rain isn't the problem; it is the cold that usually accompanies it. One gets chilled to the bone and after a few hours both strength and enthusiasm are sapped.



En route to the start the organizers stopped at the railway station and purchased some \$2 plastic ponchos and paper clips. The latter were used to hold them on the handlebars. Despite my skepticism, they would make much of a difference but they worked surprisingly well. My legs and feet got wet, but the ponchos were a good windbreak and kept the cold at bay. I was initially handed a pink one but I swapped with a

colleague. The color clashed too much with my black tights (and thus my vanity).

**BTW:** Ponchos result in a huge increase in wind resistance so I don't recommend them unless you want to strengthen your legs.

Ten of us started off, and a few dropped out before 10 miles. The rain accompanied us for most of the day. There were a few times when it stopped, or turned to a light mist, but for too many hours it was a heavy downpour. While it dampened our clothes, it didn't affect our enthusiasm and we all enjoyed the ride, forming natural groups and chatting as we traveled along. Since it was not a race, we made frequent stops to let the others catch up or to grab a bite to eat. The bridges provided a good shelter from the rain, except when it was being driven almost horizontally.



It was interesting observe people cycling this distance for the first time. I had a nutrition and hydration plan, but they just stopped and ate when they felt like it, without any structure to their meals. Being China, their rehydration fluid was tea.

After 55 miles we stopped for lunch and to thaw out at a toll station. They served us piping hot noodles which were very rejuvenating. I told the guys (we were down to five by this stage) that I was going to increase the pace a bit and head off on my own, and they didn't mind. Then the ride got fun ...

I put the hammer down and rode the last 80 miles in just over four hours I had my own police car and a sag vehicle following, but otherwise I was on my own, cycling through the beautiful quiet autumn countryside of China, with an empty road ahead of me. Even the weather got better for a while. Bliss.

The expressway started off in plains but as the ride progressed we entered into some rolling country. That gave me the opportunity to stand up out of the pedals and have a good stretch as I attacked the hills with enthusiasm. I have been very fortunate this year to go out on the weekly

Tuesday night training ride with the Potomac Peddlers (Downtown Breakaway) and I find that I don't mind hills as much now. They are actually a nice diversion from the flat, especially zooming down the other side. I need to say, though, that a properly designed expressway like this does not have gradients above 4% so the hills, while often long, are not difficult.

I find that on long rides like this I 'zone out' insofar as my body is working hard at its natural rhythm, my breathing rate is steady and it is actually somewhat relaxing. I feel like I can go on forever and it takes an effort to interrupt things to eat or drink something.

I finished in the dark and, four hours later, two of my World Bank colleagues from our Beijing office also finished. Considering that neither had ever cycled more than 25 miles in their entire life, and one of them hadn't cycled in 10 years (and bought his bike a few days before) they did amazingly well.



This ride altered the perspective of all my Chinese colleagues who participated and they now know it is possible to cycle much longer distances than they thought possible. They are already talking about the next expressway we are opening in 2008 and how they will be ready with their bikes to join me. Other TriCATs are welcome to come along as well!

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## Dropping the "Off-Season" Weight

**Sherri Zadareky, M.S., R.D.**  
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Race season was great - we could be much more liberal with our caloric intake and still remain relatively weight stable if we were taking in the right amount of calories to support our training. Many of us have continued to be liberal with our caloric intake even though race season ended the extra calorie burning of our higher volume and intensity training. Every year during the several weeks between Thanksgiving and New Year's Americans gain an average of two to five

pounds. With the 2006 triathlon season fast approaching, loosing those few extra pounds we gained during the "off-season", as well as the holiday season, is a goal for many triathletes.

Unlike triathlons, when it comes to weight loss, slow and steady wins the race. Some athletes search for a quick way to lose weight. It may have taken the whole "off-season" to put on those excess 5 pounds, but they want it off in a week. Fad diets are popular because they promote rapid, temporary weight loss. But fad diets and crash dieting actually result in loss of lean muscle mass, water, and liver glycogen stores (the body's carbohydrate stores which fuel exercise), not the loss of excess body fat.

General recommendations for weight loss are to aim for 1 pound of fat loss per week. One pound of body fat is equal to 3500 calories, this equates to requiring a negative energy balance of 500 calories per day (3500 calories divided by 7 days). The 500 calorie deficit can be obtained via an increase in energy (calorie) expenditure, a decrease in energy (calorie) intake, or a combination of the two. Simply put—weight is a matter of balance between calorie intake (in) and calorie expenditure (out). Weight loss goals should also be based on body composition. Before attempting to lose weight, you first might want to have your body fat measured. By knowing what percentage of your weight is body fat, you will have a valid perspective for setting an appropriate weight goal. Athletes often weigh more than they desire, but their weight is primarily muscle with little excess fat. The American College of Sports Medicine recommends that male athletes should not attempt to go below 5-7% body fat and females should not drop below 14% fat.

To make a ballpark estimate of your daily caloric needs, first multiply your weight in pounds by 15. This is how many calories you need for your moderate daily activities. If you are very active throughout the day (apart from any workouts you may do), add 10% to 20%. If you are inactive, subtract 10% - 20%. Then, if you exercise routinely, add about 200 - 300 calories per 30 minutes of moderately hard exercise. This is the number of your total daily calories needed to support your activities and maintain weight.

If you need to loose weight, subtract about 20% from the total daily calories needed. For example, an 118 pound triathlete who maintains her weight on 2,300 calories per day, could lose weight by eating about 1840 calories per day (20% x 2,300 calories = 460; 2,300 - 460 = 1840).

Several Suggestions for Weight Loss:

- Once you have estimated your calorie needs, divide them evenly throughout the



## Spring TriCAT Promotions and Events from PRR and the PR Running Club!

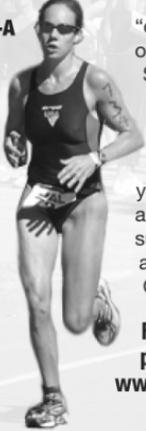
- **Save 25% on the New Saucony Grid Type-A Racing Flat:** Saucony has just released the new Type-A, a racing flat with special drainage and venting designed with triathletes in mind. It is a moderate-weight racer that is light enough to enhance performance at the shorter distances, but durable enough to take you up to a marathon. When you buy any pair of training shoes (with your regular 10% TriCAT discount), pick up a pair of Grid Type-As at 25% off.
- **TriCAT Mesh Hats are now available ONLY at PRR Stores:** 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.

- **PR Running Club Run Coaching:** Take a few months to focus on your run training. Whether you're preparing for a fall marathon or simply want a structured running program so you maximize your summer Tri performance, TriCATs receive 15% off all regular PR Running Club Individualized and Online Training Programs.

**Find details on PR Running Club coaching programs at [www.prrunningclub.com](http://www.prrunningclub.com) and [www.potomacriverrunning.com/tricats](http://www.potomacriverrunning.com/tricats).**

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day. Four to six smaller meals per day is recommended. A steady stream of calories allows your body to better regulate insulin and other metabolites that affect hunger.

- Choose more fruits and vegetables. Most vegetables average a scant 20 calories per serving (1/2 cup cooked or 1 cup raw), while fruits supply 60 calories per serving (1/2 cup juice or one tennis-ball sized piece of fruit). Aim for 7 to 9 daily servings of fruits and vegetables.
- Choose unrefined grains and high fiber foods. The fiber in grains, vegetables, beans, fruits and oats bulks up the size of food and helps you feel full longer. One study showed that adding 14 grams of fiber (the amount in a serving of Fiber One cereal) per day over a 4 month period reduced calorie intake by 10 percent. The result was an average weight loss of 4 pounds. So eat high fiber breakfast cereals, add steamed veggies to pasta, have a bean burrito, or try fruit for dessert.
- Cut the fat: choose lean meats, fish, reduced fat dairy products. Cutting the fat also cuts the calories
- My favorite suggestion: Don't give up your favorite foods. If you deny yourself what you truly want to eat (chocolate glazed donuts – mmm), you are likely to binge. Allow yourself to enjoy your favorite foods in moderation.

To get an accurate measure of you calorie needs and a personalized weight loss plan you should meet with a Registered Dietitian. You can find a Registered Dietitian in your zip code by visiting

the American Dietetic Association website: [www.eatright.org](http://www.eatright.org).

### What Was Special About 2005?

<i>Chris Bennett</i>	Going from total humiliation in the water to mere mediocrity
<i>Norm Weinberg</i>	Crossing the Trans-Rockies finish line in Canmore Alberta, Feeling a tear well up in my eye. It was quite a week.
<i>Jenn Brown</i>	My most memorable event was training for and finishing Ironman Florida. Aside from that however, it was cheering on our off-road TriCATs at XTerra Richmond... and watching Michael Ecker finish the bike portion without a chain!
<i>Mary Delaney</i>	Probably the best thing about the 2005 season was introducing my friend, Christie, to triathlon and watching her come to love it as much as I do!
<i>Brian Kennedy</i>	Getting engaged! Wedding on August 12, 2006.
<i>Ethan Sanderson</i>	I'm most proud of pushing through injury to finish my second and third Ironman races within 27 days of each other, and finishing both with a time of 12:04 and change!

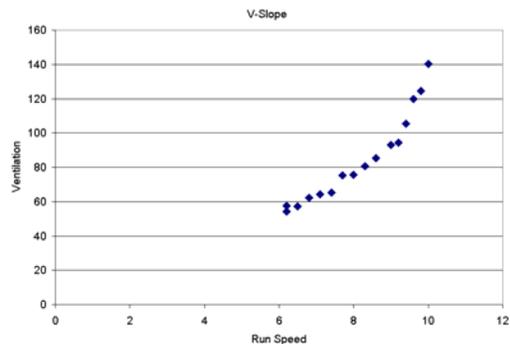
## VO<sub>2</sub> Testing

**Chris Bennett**  
chris@lpcb.org

VO<sub>2</sub> tests are used to determine training intensity zones, each of which stimulates different adaptations in the muscles, heart, lungs and circulatory system. There is a lot of debate as to whether or not they are useful but as a bit of a gadget guy, I was interested in having one done since I firmly believe that "if you can't measure it, you can't improve it".

Margie Shapiro ([margie@potomacriverrunning.com](mailto:margie@potomacriverrunning.com)) did the test for me. It consisted of getting on a treadmill and having a tube stuck in my mouth. A computer recorded the oxygen ventilation at different speeds. At the same time, my heart rate was monitored. [Note: If you do the test, pay better attention to things than I did; I managed to knock the tube out of my mouth which meant I had to repeat aspects of it... not fun!]

Margie started me off slowly but then increased the speed of the treadmill. It was easy early on but then became progressively more difficult. Just to make life rough at 10 mph she started to increase the grade which just killed me. And to think I was paying her to do this! The graph below shows the increase in ventilation as she upped the effort.



The data were analyzed to establish my aerobic threshold, lactate threshold, and maximum VO<sub>2</sub> level (70.6 mL/kg/min if you are interested). So how has this helped me with my training and racing?

I've been given a series of heart rate intervals corresponding to different zones (2:127-138; 3:139-155; 4:156-161; 5a:162-166; 5b:167-173; and 5c:174+). During my training Margie assigns me an appropriate training zone representing a different intensity. This ensures that I have the correct intensity for the workout. Unexpectedly, I found that I had been doing my endurance work too fast. This apparently is a

common issue and people usually find that their other workouts improve by getting the intensity right.

When racing, we plan a strategy which sees me (for Olympic and Sprint distances) in Zone 4 for most of the race, and then hitting Zone 5 at the appropriate time. I really believe that this has helped me with my race times.

So I'm pleased that I did the testing, as are some friends who I also suggested give it try. Consider it for yourself since it may make a difference to your performance.

## Race Report

### Miami Man Half Ironman

**Jennifer Schwartz**  
schwartzie2003@gmail.com

November 13, 2005

Race # 836

1.2 mile swim, 56 mile bike, 13.1 mile run  
6:18:03

A race this distance taught me more about myself than I could have ever imagined. Spending over six hours in your own head is both challenging and rewarding. The conversations that go on inside are indescribable. My emotions covered the entire spectrum throughout different points in the day. But, the bottom line is that I learned who I was deep down inside when no one else is around but me, and was forced to dig deeper into my gut than ever before. I learned so much about the people around me that support and care for me. You would think I was talking about anything but a triathlon, but beyond the swim, bike and run come the real reasons I love this sport.

The weekend in Miami was no luxurious vacation. The race location was somewhere south of South Beach (yes, there's stuff down there) almost directly off of Route 1. Our "not so" Quality Inn and other trip mishaps due to Wilma made for a trying few days before the race. But, when all was said and done the 20+ of us managed just fine.

The course itself was less than desirable, but there were bits and pieces that I will never forget; beginning with the swim.

After deciding not wear my wetsuit (probably the best decision I made all day) we got ready to start into the water for the first of two 0.6 mile loops in the tiny "Larry and Penny" park lake. The morning was gorgeous, as the sun had not yet started to bake everything around and the breeze was calm, not yet the gusts it

would later become. [Side note: our team was at the water's edge and Betsy drew a little slogan on my bright yellow swim cap, which said- "I'm the bomb." A little embarrassing to walk around looking as though I had proclaimed myself such, but this small saying made for some good laughs on the course, as I ran into a stranger who remembered my cap and as he biked beside me, greeted me by asking, "are you the bomb?" (my answer of course, yes)].

So, I kissed Mom and Dad goodbye and the group of us lined up for our wave. The sense of calm that came over me was almost disturbing. I was ready and we were off. The swim was by far the best part of the course. Having two loops made it seem much shorter than 1.2 miles. The water was clear and calm and I just enjoyed the whole 33 minutes. I came out of the water refreshed, un-chafed since I hadn't worn my wetsuit, saw my parents, Betsy, Brian and Ed, put on my flip-flops and jogged down to transition. A quarter mile later I made it to T1, where oddly enough I had to pee, made a pit

loop where it shifted into an even worse head wind. You may be thinking, how is it possible that the wind never managed to be at your back on this loop—well, you are asking the same question I asked of myself; is it really possible to always have the wind in your face. Until this day I wouldn't have believed it, but it's true.

My speeds fluctuated between 10.5 miles an hour up to a max of 17 on this 30 mile part of the ride. I was physically prepared to battle these winds but there were definitive moments where my mind took over and I really started to struggle. Hill climbing on a bike is hard, but the benefit to climbing is that you can look forward and see where you have to go and you can also look back and admire where you've been. Wind, however, is for me personally a much greater challenge than any hill.

The bike course itself was rotten as far as scenery goes, made up of patches of tilled and unplanted land and a few sparse houses. There were no fans (the loudest cheer on the loop



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stop at the porta-potty and got ready for the bike. Not two minutes later I was off for what became the most challenging ride I have ever done.

As we left the park there were spectators cheering us on and I felt great. For the first 13 mile leg the wind was at my back and I felt like I was flying effortlessly. However, this would all change as soon as I made it to the first of the turns that put me onto the 15 mile loop that made up the middle 30 miles of the half iron course.

As soon as I made the turn the wind shifted to a cross wind which remained a constant nuisance at almost all points including the two legs of the

actually came from one of the female cops directing traffic), there was no scenery, and the land was so empty there was not even a tree lining to shelter you from the wind. It was me vs. the wind, and at moments I thought I might lose.

So, back to my point about wind being so mentally taxing. I would be pedaling as best I could and barely be moving. I would look ahead of me and behind me and simply see long stretches of completely flat land. You begin to wonder if the road ahead ever ends and why you can't move faster. That's the burden of fighting an invisible battle. Mountains you can climb and know when you reach the top, wind you just fight against without being able to even see your

challenge. Needless to say I managed to make it off the bike course after fighting the inner demons and saddle pain. My nutrition was pretty good overall, I drank a lot which is always a challenge for me, consumed a large portion of combos, two granola bars and some Gatorade and overall felt pretty good. (I later found out that my day on the course was far better than many, who experienced multiple flats due to thumb tacks on the course, Helen- you are a hero!!) I rolled into the park feeling very happy to finally be off my bike.

As I entered transition I was pretty upset with my bike and just glad to be rid of it. I was really struggling internally at this point. I was very disoriented and couldn't find my rack until I heard Tracey and my dad yelling for me. I made it to the rack where Tracey was waiting for me (since she had raced the Olympic distance race that morning she was able to actually be in transition while I was there). She helped me re-orient myself, get my bike racked and ready for the run. Meanwhile I look up and standing next to my parents was my former roommate, Morgane, who had flown down from DC to surprise me and this was the first I saw of her. At the moment my internal struggle began to wane and I felt rejuvenated to start the half marathon. Just knowing that I had so many people there to support me got me through the toughest part of the day: the run.



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I left transition pretty quickly, although I was tempted to stay and talk to Morgane and thank her a million times over for the greatest surprise of the day. I was off running and felt phenomenally well. The first two miles flew by and I was averaging just around 9 minutes per mile, which seemed stellar considering the distance and difficulty of the bike course.

I ran through the Zoo, which didn't end up being all that exciting, and across an unshaded path (not that there was really any shade to begin

with) along the water on white sand and I just started to cook. The sun was so hot and the heat really started to mess with my head. My body could have probably kept up a better pace but my mind was just all over the place. It was then that I realized I had forgotten my food and my head started to feel light. I managed to make it to the next water stop and I walked as I ate a banana, the only calories I could find to consume.

The run was two 6.5 mile loops of what I thought was a pretty boring course. The water stops were pretty frequent so my strategy became just run to each aid station and you get to walk for a minute to drink water and eat a banana. The first loop ended with a little chat with Ed and a lot of cheering from Brian, Betsy and my dad. I passed through the finish line where Tracey, my mom and Morgane stood and heard the announcer say, "and here comes Jennifer Schwartz, we'll see her again in a little while." Not really what I wanted to hear at that point...I wish I could have been finishing when I crossed the line but actually had to do the exact same hot and boring 6.5 mile loop all over again.

The second loop was much of the same physically, simply making it from aid station to aid station. Overall I felt okay, just extremely over heated. Again Brian, Betsy, Ed and Terry were there to cheer, which is always such a boost. However, the fan of the day award definitely goes to my father. He managed to run backwards about a mile onto the course, twice, to just see me and cheer me on. He is the role model I have always looked up to in the world endurance sports and to see him out there cheering for me was the most amazing feeling.

All my life I have admired him and today he was there to admire me. He just kept saying "you are doing awesome", "you look great", and gave me the positive energy I was struggling to find internally. I would say the single moment of the day I hope I never forget occurred at about the 12.5 mile mark as I came around the bend near the gates of the park. My dad was running beside me on the outside of the gate and I heard him say, "I just want you to know you are my hero." My dad just called me his hero. All my life he has been mine and now he is looking up to me. It's quite an incredible feeling to hear those words and I give him the credit for getting me through the rest of the run as he ran beside me toward the finish line. (I love you daddy).

The last half mile flew by and I crossed the finish line as the announcer said my name. Tracey and Morgane and my mom were there to immediately hug me and the race was done. I couldn't even believe my accomplishment. So many months of hard work, early mornings and time training had paid off as I completed my first half Ironman.

So, that concluded the physical part of the race, but I would say what I will remember more than any pain, are the emotional triumphs and struggles of the day. I will never forget actually talking to myself out loud on the bike, convincing myself that I can make it past the wind, I just need to keep pedaling. Or thinking of the gentlemen with ALS that NBC profiled in their coverage of Kona and knowing that no matter how bad I felt I was blessed that this was the worst of my pain. I thought of all the people that for some reason or other would never even have the luxury of getting to try triathlon, never get to experience what life means when you have 25 of the best friends in the world that you get to spend every weekend with. But, most importantly I learned what it means to surround yourself with people who care about you and who you care about.

There were several occasions during the race where it just seemed easier to quit then keep moving forward. But I couldn't let the people who were cheering for me down. I had friends fly from DC just to see me for all of 2 minutes along the race course, my mom and dad spent the entire 6 hours running around just to catch a glimpse of me, Tracey cheered louder than I have ever heard her before, and my father made me feel so loved I actually started crying during the run, not out of pain but out of joy for knowing that there is someone who could love me so much.

These are the lessons and blessings of the sport that I couldn't have understood before this day. I only hope in some small way I can make these people, my family and friends, team mates and roommates feel even half as special as they each made me feel during this race. Words cannot express my sincere thanks for all of you; but what I can say is that I am a better person for knowing each of you and a Half Ironwoman because you were there to help bring me in.

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## Spring Mountain Road Races

**Kenton Pattie**  
**Kentonp1@aol.com**

Spring mountain road climbing will prepare you for any summer triathlon, and this can be done through four of the most challenging bicycle rides in our region that will take place in May 2006.

Saturday, May 20: Assault on Mount Mitchell and Assault on Marion ([www.freewheelers.info/assault.html](http://www.freewheelers.info/assault.html)) Saturday, May 27: Wilderness Road Race. Sunday, May 28: Mountains of Misery ([www.mountainsofmisery.com](http://www.mountainsofmisery.com)).

To be ready for any of these rides, you should be comfortable riding 75-85 miles in a single training session and you should have a few weeks in which you have been doing hill intervals. Or better still, prepare with three day long trips on the Skyline Drive!

Together these three events deliver beautiful mountain countryside and seriously demanding mountain roads. Nothing about them is easy, but finishing is very sweet. Completing any one of these rides means you are ready for the longest, toughest triathlon anywhere. The Mitchell/Marion rides offer a good day-before-ride expo with mechanics and people who know the roads and can make last minute suggestions on how to survive the torment you are about to receive.

To enter Assault on Mount Mitchell, preference is given to riders who have completed Mitchell or Marion in the past. Registration begins at 4 PM Eastern Standard Time February 21 at [www.active.com](http://www.active.com). Active.com will have the names of previous riders and if you are one your registration will be easy; the window for all riders will close quickly because these are such popular rides. For Mitchell/Marion there is a waitlist.

In the case of Assault on Mount Mitchell, many 2005 riders took ten hours, riding in rain and lightening storms which scared off some registrants at the last minute because the whole day began in a thunderous storm and bad weather dogged the race. I saw riders getting back to the hotel after dark; so maybe you are an excellent climber, but just in case things get rough in the mountains, plan on a long day of riding.

With respect to Assault on Marion, it is a shorter course which shares much of the early Mitchell route, but spares you the final brutal miles up to the summit of Mount Mitchell itself. Family members can meet you at the end of the Marion ride. But, loved ones are not welcome on Mount Mitchell as it is a very small and restricted area and there just is not any room to accommodate riders, visitors, and family support teams.

Both Mitchell and Marion begin in Spartanburg, SC and end up in North Carolina. You will travel back to Spartanburg on a bus while your bike will be carried back in a special truck. Just to confirm how challenging your ride was, the bus winds back and forth through the same or similar roads and it will seem like forever for your bus to get you back over one hundred mountain miles to Spartanburg.

In 2005, there was a post-ride series of bike races on the downtown streets of Spartanburg. Plus there were two running races, one in the morning in which you could qualify for a mile race in the evening. If they have these races

again in 2006 you could get out your USA Cycling license and enter one; or you can sit and watch bike racing all Sunday!

You can register now for the Wilderness Ride and Mountains of Misery. Not many people do both rides back to back. In 2005, I did the entire length of both to prove it can be done; just plan your nutrition and your pace to match the severity of the weekend. You'll thoroughly enjoy both rides as they produce awesome scenery. Both rides can be cut short as there are several alternate loops of different lengths. But it is entirely possible and desirable to do the longest distances as I did in 2005 on both days because some of the most exceptional scenery is at the far reaches of the Wilderness ride and toward the end of Mountains of Misery. More misery is better than less misery.



In the case of the Wilderness ride you will circle back to the start. But in the case of Mountains of Misery, although you can forego some of the Misery by dropping out at the cutoff point (there is a time limit for being on the course), you will be provided food at the top of the mountain and then be taken back to the start in a bus. Dropping out after the official cutoff site but before the end of Misery doesn't make logistical sense as you would miss food and bus.

In the case of Mountains of Misery, count on riding all day, and think positively about making it to the mountain top. They save the toughest six or seven miles of mountain climbing for the end where you will arrive at Mountain Lake which is the site of the set for the movie "Dirty Dancing."

One other bit of information on Mountains of Misery: they record your riding time on arrival at the top and they publish all riding times. On the internet, you can see the times of other riders in previous years. For many who ride it, the event is a race; local people refer to it as the "race." For example, in 2005 I saw a Hincappie riding team and following team car adorned with team wheels as they raced past me pressing toward the top.

These four events are well planned and well supported and they have very enthusiastic participants who like to come back year after year. Assaulting misery can be popular among cyclists.

Putting the four rides on successive weekends in 2006 suggests the idea that you might stay up in the mountains after Mitchell/Marion and rest up before doing Wilderness/Misery. You'll thank me for this "rest" idea because if you do Assault on Mount Mitchell you will want a few days rest afterward.

Finally, I should point out that the Wilderness/Misery weekend begins in the Blacksburg-Christiansburg area of Virginia. Whereas Spartanburg, SC takes at least six hours to reach from the Washington, DC area, the trip to the Blacksburg-Christiansburg area is quicker.

Registration for Wilderness/Misery is at [mountainsofmisery.com](http://mountainsofmisery.com) and the two assaults are at [www.active.com](http://www.active.com).

As far as accommodation, there are a lot of hotels in both Spartanburg and the Blacksburg-Christiansburg areas. But because these rides are in May, they may clash with local college/university graduation celebrations as Mitchell/Marion did in 2005 in which case all the available rooms sold out early. So once you register, secure your hotel or bed and breakfast. Believe me when you come back from any of these four rides you will want to spend a lot of time in the tub, shower and bed. You definitely won't feel like driving home that night!

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## Donating Old Shoes: TriCATs and Art for Humanity Shoe Drives

**Bob Lunger**  
**[boblunger@cox.net](mailto:boblunger@cox.net)**

In April of 2005, TriCATs joined forces with Art For Humanity to start a shoe drive at the Cherry Blossom 10 Miler. One year and hundreds of shoes later, the project has been an overwhelming success. Not only have TriCATs



donated hundreds of pairs of shoes to impoverished people in Honduras (including 40 pairs at the recent swap meet), but also the success and impact of the TriCATs initial denotations has

prompted Art For Humanity to start other shoe drives in other communities in the Washington

DC Metropolitan Area. For example, DC Tri brought several bags of shoes to DITR last year in response to our post on their site. (However, Art For Humanity makes it clear that the people of Honduras get a special kick out of a seemingly brand-new pair of running shoes with speed laces.)

Thanks to TriCATs initial efforts, AFH has shipped thousands of shoes to Honduras and those shoes are changing peoples' lives through increased health and comfort and improved employment prospects. TriCATs have donated athletic shoes of every kind as well as dress shoes, children's shoes and boots.

The TriCATs Shoe Drive operates under the premise that most endurance athletes change their running shoes three to four times per year. While these shoes are no longer suitable for training or racing, the condition of these "used" shoes is like a brand new shoe to people in Honduras. For most of us, this resulted in closets full of running shoes that have limited value to the athlete in training.

In 2001, the Director of AFH, Glen Evans learned of the problems created by the severe poverty in Honduras and discovered that Honduras is the second poorest country in the Western Hemisphere. Using his vacation time to make two trips, he quickly discovered first-hand that the tremendous destitution of Honduras was something that could not be expressed by numbers and statistics

Art for Humanity was founded to find a practical solution to the poverty that would also help generate an "industry" for these families and their towns. The TriCATs shoe donation program operates under the same principal that having footwear prevents disease and allows people to work and experience life in a whole new manner.



In addition to shoes, AFH provides art supplies to several artists and works to purchase their art sold in Honduras and facilitates the sale of their art here in the U.S. AFH is currently assisting two families as they begin making shoes in their home. They have the knowledge of making shoes but had lacked the materials and equipment. AFH is also sponsoring three college students. One is an art student, studying in the National School of Art in Comayagüela. The other two students are studying at the National

University in Tegucigalpa. AFH has also assisted a small number of high school students with short-term needs.

100% of profits and donations are distributed directly to people we know to be in need. Very little is given away through third party organizations. The one exception is occasionally teachers and indigenous religious leaders are used to give shoes to poor children. In Honduras children are not permitted to attend school without footwear. Through donations of children's shoes, many children are attending school who had previously not been able to do so.

***If you want to help:***

- Opportunities to donate shoes will be posted through the Yahoo Groups list.
- Bring shoes to the next club meeting. Bob will be there to collect them.

AFH appreciates donations of all sorts of items including (but not limited to): clothing, microwaves, refrigerators, bicycles, tires, tools, children's items, toys, beds, mattresses, TV's, wheelchairs, computers, used cars, used car parts, sewing machines, kitchen items. Everything is needed, except for clothes dryers and dishwashers.



Because AFH is registered with the IRS as a 501(c)(3) non-profit organization, your donations are tax deductible. For your donations of cash or gifts in kind, we will gladly provide you with a receipt for tax purposes.

So, keep those shoes coming. Its good for you and good for the people AFH serves. For more information, or to start a shoe drive at your office, check out [www.artforhumanity.org](http://www.artforhumanity.org).

## Race Schedule

**Brian Kennedy**  
brian\_j\_k@yahoo.com

Race length	Name	Location	Web site	Registration Opens (approx.)	Date	TriCATs Tent?
5K 30K 5K duathlon	VA Duathlon	Virginia Beach, VA	<a href="http://www.virginiaduathlon.org">www.virginiaduathlon.org</a>	12/1/05	4/2/06	
10 mile RUN	Cherry Blossom 10 miler	DC	<a href="http://www.cherryblossom.org">www.cherryblossom.org</a>	**12/12/05**	4/2/06	YES
Sprint	Angels Race Sprint	Lynchburg, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	4/8/06	
½ Iron	Kinetic Half	Spotsylvania, VA (Lake Anna)	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	4/21/06	
Sprint	Kinetic Sprint	Spotsylvania, VA (Lake Anna)	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	4/22/06	
Sprint	Smith Mountain Lake	Huddleston, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	5/6/06	
½ Iron	White Lake Triathlon	White Lake, NC	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	5/6/06	
Sprint	White Lake Triathlon	White Lake, NC	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	5/7/06	
½ Iron/Sprint	NJ Devilman	Millville, NJ	<a href="http://www.piranha-sports.com">www.piranha-sports.com</a>	~10/15/05	5/7/06	
Oly/Sprint	Luray International Triathlon	Luray, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	5/14/06	
Sprint	Ocean City Triathlon	Ocean City, NJ	<a href="http://www.lmsports.com">www.lmsports.com</a>	1/1/06	5/14/06	
½ Iron	Odyssey Off-Road Nissan Xterra	Sherando Lake, VA	<a href="http://www.oarevents.com">www.oarevents.com</a>	~10/1/05	5/20/06	
Oly	Columbia	Columbia, MD	<a href="http://www.tricolumbia.org">www.tricolumbia.org</a>	~10/1/05	5/21/06	YES
2 Mile SWIM	Reston Lake Swim	Reston, VA	<a href="http://www.restonmasters.org/2miow.html">http://www.restonmasters.org/2miow.html</a>	1/1/06	5/28/06	YES
Sprint	Breezy Point Tri	Norfolk, VA	<a href="http://www.breezypointtri.com">www.breezypointtri.com</a>	1/1/06	6/4/06	
Swim	Chesapeake Bay Swim	Stevensville, MD	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~2/1/06***	6/11/06	
½ Iron	Eagleman	Cambridge, MD	<a href="http://www.tricolumbia.org">www.tricolumbia.org</a>	~10/1/05	6/11/06	YES
Oly	Escape from Ft. Delaware	Delaware City, DE	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	6/10/06	
Sprint/Oly	Hampton Tri - not yet listed for 2006 ( as of 1/5/06)	Hampton, VA	<a href="http://www.sommersports.com">www.sommersports.com</a>	no updates by 1/5	6/17-18/06	
Sprint	Marathon Sports Tri	Middletown, DE	<a href="http://www.lmsports.com">www.lmsports.com</a>	1/1/06	6/18/06	
Sprint	Charlottesville Sprint	Charlottesville, VA	<a href="http://www.cvilletriathlete.com">www.cvilletriathlete.com</a>	1/1/06	6/18/06	
Oly (0.5 sw) & ½ Iron	Tinman Triathlon	Tupper Lake, NY	<a href="http://www.tupperlakeinfo.com/tinman/">www.tupperlakeinfo.com/tinman/</a>	~11/1/05	6/24/06	

Race length	Name	Location	Web site	Registration Opens (approx.)	Date	TriCATs Tent?
Sprint	Bath County	Warm Springs, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	6/24/06	
Oly & ½ Iron	MedExpress Mountaineer	WEST VIRGINIA !	<a href="http://www.mountaineertri.com/index.php">www.mountaineertri.com/index.php</a>	~10/1/05	6/25/06	
Iron	Ironman Coer D'Alene	Core D'Alene, ID	<a href="http://www.ironmanidaho.com">www.ironmanidaho.com</a>	6/25/05	6/25/06	
Sprint	Virginia Run Sprint Triathlon	Manassas, VA	<a href="http://www.finswheelsfeet.com/">www.finswheelsfeet.com/</a>	1/1/06	6/25/06	
Oly	Philly Triathlon	Philadelphia, PA	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	6/25/06	
Oly	Xterra East Championship	Richmond, VA	<a href="http://www.xterraplanet.com">www.xterraplanet.com</a>		7/2/06	YES
Oly	Diamond in the Rough	Perryville, MD	<a href="http://www.piranha-sports.com">www.piranha-sports.com</a>	~10/15/05	7/8/06	YES
Oly	New York City Tri	New York NY	<a href="http://www.nyctri.com">www.nyctri.com</a>	11/1/05	7/16/06	
Oly	EMS Off-Road Tri	Cumberland, MD	<a href="http://www.ex2adventures.com/">www.ex2adventures.com/</a>	11/10/05	7/16/06	
Sprint & Oly	New Jersey State Triathlon	Princeton, NJ	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	7/23/06	
Sprint	3Sports Triathlon	Richmond, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	7/23/06	
Iron	Ironman USA	Lake Placid, NY	<a href="http://www.ironmanusa.com">www.ironmanusa.com</a>	7/22/05	7/23/06	YES
Sprint	Staten Island Tri	Staten Island, NY	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	7/31/06	
Sprint	Culpeper Sprint	Culpeper, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	8/6/06	
Oly	Wilkes-Barre Tri	Penn State Campus, PA	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	8/6/06	
Oly (CLUB CHAMPIONSHIP RACE)	Pittsburgh Tri & Adv Race**	Pittsburgh	<a href="http://www.piranha-sports.com">www.piranha-sports.com</a>	~10/15/05	8/6/06 (Sunday)	YES
Sprint	Lums Pond Tri	Bear, DE	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	8/13/06	
Sprint	TIMBERMAN SPRINT	Gilford, NH	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	08/19/06	
½ Iron	TIMBERMAN Half Iron	Gilford, NH	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	8/20/06	
Sprint	Charlottesville Off-Road	Charlottesville, VA	<a href="http://www.cvilletriathlete.com">www.cvilletriathlete.com</a>		8/26/06	
Iron	Ironman Canada	Penticton, BC	<a href="http://www.ironman.ca">www.ironman.ca</a>	8/29/05	8/27/06	
Oly	Odyssey Off-Road Iron	Milboro, VA	<a href="http://www.oarevents.com">www.oarevents.com</a>	~10/1/05	9/9/06	
Iron	Odyssey Off-Road Iron	Milboro, VA	<a href="http://www.oarevents.com">www.oarevents.com</a>	~10/1/05	9/9/06	
			<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	9/9/06	
½ Iron	Duke Liver Center Half	Raleigh, NC	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	~10/1/05	9/10/06	
½ Iron	Diamondman Half	Lums Pond State Park, DE	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	9/10/06	

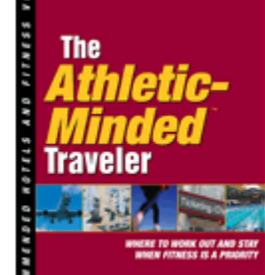
Race length	Name	Location	Web site	Registration Opens (approx.)	Date	TriCATs Tent?
Oly	Reston	Reston, VA	<a href="http://www.restontriathlon.org">www.restontriathlon.org</a>	02/15/06	TBA ~9/10/06	YES
Sprint	Skylands Tri	Clinton, NJ	<a href="http://www.lin-mark.com">www.lin-mark.com</a>	~10/15/05	9/17/06	
Sprint	Dewey Beach Tri	Deleware	<a href="http://www.deweybeachtriathlon.com/">www.deweybeachtriathlon.com/</a>		9/16/06	YES
½ Iron	Odyssey ½ Iron	Lake Ana, Spotsylvania, VA	<a href="http://www.oarevents.com">www.oarevents.com</a>	~10/1/05	9/16/06	
Oly	Outback Big Lick	Huddleston, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	9/23/06	YES
Oly	Make-a-Wish	Bethany Beach, DE	<a href="http://www.tricolumbia.org">www.tricolumbia.org</a>	~12/1/05	9/23/06	
Oly ( <i>former SPUD</i> )	General Smallwood Triathlon	Indianhead, Maryland	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	9/30/06	
Iron	Chesapeake Man	Cambridge, MD	<a href="http://www.tricolumbia.org">www.tricolumbia.org</a>	~10/1/05	9/30/06	
Iron	Blue Devil	Raleigh, NC	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	cancelled	
Sprint	Cape Henlopen	Cape Henlopen State Park, DE	<a href="http://www.piranha-sports.com">www.piranha-sports.com</a>	~10/1/05	10/8/06	
Sprint	Sherando Lake Sprint	Waynesboro, VA	<a href="http://www.set-upinc.com">www.set-upinc.com</a>	1/1/06	10/14/06	
Iron	Great Floridian	Clermont, FL	<a href="http://www.sommersports.com">www.sommersports.com</a>	~10/20/05	10/21/06	
Marathon	Marine Corps	DC	-	~Jan. 06 ?	10/29/206	YES
Iron	Ironman Florida	Panama City Beach, FL	<a href="http://www.ironmanflorida.com">www.ironmanflorida.com</a>	11/6/05	11/4/06	

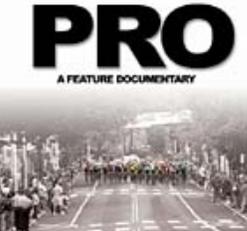
## On the Web: Sites of Interest to TriCATs

www.runners.com/whartons	A great set of stretching exercises
www.biketoolsetc.com	If our sponsor Big Wheel Bikes can't help, this site is for you. They have the most obscure tools you can think of.
www.slowtwitch.com	A great site aimed at triathletes. Lots of good articles and reviews
www.sportzhub.com	Everyone knows that New Zealand is home to the world's greatest triathletes. What most people don't know is that triathlons are the <b>easy</b> sports. We (two Kiwis are in the club) have the 'Coast to Coast' (run across a mountain range, kayak down a whitewater river and then bike so you've crossed the country), the 'Length of New Zealand', and more. This site will introduce you to some of the craziness that is the New Zealand multisport scene.
www.ultramongolia.org	A friend ran this ultra-race in Mongolia and said it was the best run he's ever had. Check out the pictures and register. The race isn't until June.
www.bikeaccess.net/BikeAccess/default.cfm	This site is dedicated to traveling with bicycles. Everything you wanted to know, and then some.

Please send your favorite web sites to: [editor@tricats.org](mailto:editor@tricats.org)

## Gadgets and Gifts

	<p><b>What:</b> Triathlon Watch</p> <p><b>Title:</b> Timex OVA (Optimum Viewing Angle)</p> <p><b>Cost:</b> \$50-70</p> <p><b>Why:</b> Finally a watch for triathletes! Designed to rest on the top of your wrist, the OVA watch will let you monitor your watch while in the aero position. Sounds like a gimmick but it actually works very well. Unfortunately no HRM yet.</p>
	<p><b>What:</b> Arm coolers and sun protection</p> <p><b>Title:</b> De Soto Arm Coolers</p> <p><b>Cost:</b> \$24 from most cycling/triathlon shops</p> <p><b>Why:</b> Ever heard of skin cancer? Although it is counter-intuitive, these are the opposite of the arm warmers we use in cold weather: they are designed to keep your arms cool. Made from special moisture-radiating materials they work in a similar manner to sweating. The best part is that you also get protection from sun burn.</p>
	<p><b>What:</b> Book</p> <p><b>Title:</b> The Athletic-Minded Traveler</p> <p><b>Cost:</b> \$19 from <a href="http://www.amazon.com">www.amazon.com</a></p> <p><b>Why:</b> If you travel on business you may like to find a hotel which has a proper fitness centre to keep up your training. The authors list some 500 hotels based on their ability to meet fitness needs.</p>

	<p><b>What:</b> Self-massage</p> <p><b>Title:</b> Trigger Point Therapy Self Massage</p> <p><b>Cost:</b> \$50 - \$130 depending on what you get from <a href="http://www.tpmassageball.com">www.tpmassageball.com</a></p> <p><b>Why:</b> If you can't afford, or don't have time for, a regular massage this may help. You can use them in 15 minutes a day and some people claim great results.</p>
	<p><b>What:</b> DVD</p> <p><b>Title:</b> Pro – The Movie</p> <p><b>Cost:</b> \$ from <a href="http://www.prothemovie.com">www.prothemovie.com</a></p> <p><b>Why:</b> An amazing up-close story of the life of professional cycle racers centered around the 2004 Wachovia U.S. Pro Championship race in downtown Philadelphia.</p>
	<p><b>What:</b> Cold pack for injury</p> <p><b>Title:</b> Snowpack Ice Pack</p> <p><b>Cost:</b> \$14 upwards from <a href="http://www.snowpackusa.com">www.snowpackusa.com</a></p> <p><b>Why:</b> We all know that after an injury we should practice RICE (Rest/Ice/Compress/Elevate). SnowPack reusable ice packs are great for the icing component. They have products especially designed for the athlete, and even coolers for storing. Hopefully you will never need one, but if you do ...</p>
	<p><b>What:</b> Running Stroller</p> <p><b>Title:</b> BOB Sport Utility Stroller</p> <p><b>Cost:</b> \$335 (or less)</p> <p><b>Why:</b> Long-distance cyclists know BOB trailers for their robust design and (relative) indestructibility. They make what is arguably the best designed stroller for serious exercising with junior in tow. It even includes shock absorbers.</p>
	<p><b>What:</b> MP3 Player</p> <p><b>Title:</b> Highgear Trail Audio</p> <p><b>Cost:</b> \$100-\$175 depending on size from <a href="http://www.amazon.com">www.amazon.com</a></p> <p><b>Why:</b> Splash proof, fairly rugged and a built-in FM radio. Keeps you company on those long runs.</p>

	<p><b>What:</b> Compression Socks</p> <p><b>Title:</b> Oxysox</p> <p><b>Cost:</b> \$20+ depending on style from <a href="http://www.oxysox.com">www.oxysox.com</a></p> <p><b>Why:</b> Compression socks for runners which help with blood flow and recovery. Think it's a gimmick? Paula Radcliffe uses them ...</p>
	<p><b>What:</b> Turn your water bottle into a lantern</p> <p><b>Title:</b> Guyot Firefly</p> <p><b>Cost:</b> \$15 from <a href="http://www.guyotdesigns.com">www.guyotdesigns.com</a></p> <p><b>Why:</b> Any wide-mouth Nalgene water bottle is turned into a hands-free lantern (with or without water). The unique lid design contains an integrated LED light which spreads a warm glow throughout the bottle. It has variable light levels so you can have a nightlight for stormy nights, or a reading light for enjoying your latest read, the control is at your finger tip! The electronics are in a separate sealed compartment, so there's no risk of water or juice gumming up the works!</p>
	<p><b>What:</b> Balance Board</p> <p><b>Title:</b> FitterFirst Wobbleboard</p> <p><b>Cost:</b> \$30 - \$70 from <a href="http://www.fitter1.com">www.fitter1.com</a></p> <p><b>Why:</b> Balance boards improve agility and reaction skills. This leads to greater confidence in daily activities and improved posture. It's also more fun to stand and move on a balance board than to stand on a normal floor.</p>
	<p><b>What:</b> Portable GPS</p> <p><b>Title:</b> Magellan Explorist 210</p> <p><b>Cost:</b> About \$170 from various suppliers. Details at <a href="http://www.magellangps.com">www.magellangps.com</a></p> <p><b>Why:</b> You can't get lost with this unit on hand. It also remembers your favorite journeys for repeat travels, syncs with your computer, and contains a base map with easy access to roads, airports and terrain along the route.</p>
	<p><b>What:</b> Dispenser for capsules (such as E-gels or Sportlegs)</p> <p><b>Title:</b> Saltstick</p> <p><b>Cost:</b> \$20 from <a href="http://www.saltstick.com">www.saltstick.com</a></p> <p><b>Why:</b> A really cool way to get your capsules during a race. They fit into the aerobars, handlebars, or even the top stem of the bike and hold up to six capsules. You twist the top and the capsules come out one at a time.</p>

	<p><b>What:</b> Hydration Pack</p> <p><b>Title:</b> Amphipod Full-Tilt Velocity Waist Pack</p> <p><b>Cost:</b> \$30 from <a href="http://www.amphipod.com">www.amphipod.com</a></p> <p><b>Why:</b> Runners know that it gets tiresome with backpacks getting sweaty and sloshing around. While most belt systems bounce, this one stays in place, no matter how you run. The 20 ounce bottle sits horizontally and is easily accessible.</p>
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Please send your suggestions for Gadgets and Gifts to: [chris@lpcb.org](mailto:chris@lpcb.org)

### TriCATs Sponsor Directory

Sponsor	TriCATs Member Benefits
<p><b>Big Wheel Bikes</b> 3119 Lee Highway Arlington, VA (703) 522-1110 <a href="http://www.bigwheelbikes.com">www.bigwheelbikes.com</a></p>	<p>5% discount on bikes; 10-20% off on accessories; free bike fitting; priority repair service and special order service.</p> <p>(Discounts will be honored at all four locations, but for repair and special order services, please visit the Arlington store.)</p>
<p><b>Potomac River Running</b> 5715 Burke Centre Parkway Burke, VA 22015 (703)-978-0500 20630 Ashburn Rd. Ashburn, VA 20147 (703) 729-0133 <a href="http://www.potomacriverrunning.com">www.potomacriverrunning.com</a></p>	<p>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.</p> <p><i>Watch the TriCATs listserv emails for additional promotions and discounts.</i></p>
<p><b>Principle Fitness</b> 7805 Willow Point Drive, Falls Church, VA 22042 (571) 278-4581 <a href="http://www.principlefitness.com">www.principlefitness.com</a> <a href="mailto:eric@principlefitness.com">eric@principlefitness.com</a></p>	<p>Discounts on all group training programs; \$50 off the start-up fee of any coaching program from any Principle Fitness coach.</p> <p><i>A good coach needs to know not only "how", but more importantly "why" the athlete is training.</i></p>
<p><b>Positively Chiropractic and Dynamic Kinesiology</b> 5105A Backlick Road Annandale, VA 22003 (703) 642-8685 <a href="http://www.posichiro.com">www.posichiro.com</a></p>	<p>Complimentary Sports Injury Prevention Examination; 10% off Running-Specific Orthotics.</p> <p><i>Always Moving Forward</i></p>
<p><b>Old Town Massage Center</b> 312 South Washington Street, 3C Alexandria, VA 22314 (703) 518-8484 <a href="mailto:OTMCMassage@aol.com">OTMCMassage@aol.com</a></p>	<p>\$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.</p> <p><i>Your Partner in Performance</i></p>
<p><b>L.T. Therapy, Inc.</b> Circle Towers Office Building 9401 Lee Highway, Suite 102 Fairfax, VA 22042 (703) 309-7624</p>	<p>10% off the hour massage price</p> <p><i>Activating stabilized movement patterns through therapeutic exercise and massage</i></p>
<p><b>Transitions Therapeutic Massage &amp; Bodywork</b> Circle Towers Office Building 9401 Lee Highway, Suite 102 Fairfax, VA 22042 (703) 385-4785 <a href="http://www.transitionsmassage.com">www.transitionsmassage.com</a> <a href="mailto:barb@transitionsmassage.com">barb@transitionsmassage.com</a></p>	<p>10% off each therapeutic massage session with TriCATs ID card</p> <p>(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.)</p> <p><i>Geared toward injury prevention, rehabilitation and recovery of the endurance athlete and chronic pain client</i></p>

Please support our club sponsors.