



CAT TALES

Capital Area Triathlon Club

Summer 2006

www.tricats.org

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'Summit Fever' often affects mountain climbers. Back in the mid-1990's Alison Hargreaves was one of the best women climbers. In '95 she became the first woman to summit Mt. Everest alone without oxygen completely unsupported—which meant she carried all the gear for each camp herself. Three months later she was killed after summiting K2 when a hurricane-force storm blew her off the mountain. The tragedy of the situation was that Peter Hillary (Ed's son) was also trying to climb K2 that day, and when he saw the weather conditions he turned back. He was later criticized for saying that Alison wanted the summit too badly. It takes a special person to turn back after spending a long time trying to summit a mountain.

The same can be said for triathlons. How many of us are willing to withdraw from an event which we have trained for, paid the entrance fee and traveled to the race - because either our bodies aren't where they should be or conditions aren't suitable? This question was brought home to me by a work colleague who joined TNT to do her first triathlon at St. Anthony's in May.

The day of the race dawned with strong winds which made the swim difficult. Margie Shapiro was in the early pro-wave, and she didn't find it easy. Two hours later when the later waves of swimmers entered things were much worse with 4 ft swells and winds so strong the kayakers had trouble staying upright. You can read the story at http://www.sptimes.com/2006/05/03/Tampabay/Scary_but_race_went.shtml but it is quite scary: 50-60 pulled from the water; one found floating face down; etc. My friend recalls having someone grab an arm and a leg and waking up later on the beach.

Why did someone who only learned to swim as part of the TNT course and had never swum in open water before do it? Because she was focusing on the worthy goal of completing her first triathlon, and not letting down her supporters. But the potential cost of such courage could have been very high.

So now that the summer race season is upon us, race smart and if that inner voice says that perhaps you need not do this race, listen to it. It may be the smartest decision you ever make...



Some TriCats at Columbia

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Capital Area Triathlon Club
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Mark Your Calendars: TriCats Mini-Triathlons scheduled for June 4th, July 30th and August 13th. Details at:
<http://www.tricats.org/minitris.php>



Member
USAT

President's Corner

Chas Ryan
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On May 20th I competed in my first race of the year at Sherando Lake in the George Washington National Forest. The week prior to the race I was tapering and trying to accomplish the myriad other tasks that seem to dominate mine and most likely all other triathletes lives. For some reason the few days prior to the race my enthusiasm was lacking and I was not mentally prepared to travel to Sherando and suffer thru a five plus hour beating at the hands of Odyssey sports.

I departed NOVA on the 19th and for whatever reason my emotional attitude began to change in the morning as I was scrambling to find and organize all my gear, pack the car, prepare water bottles, get my bike repaired, finish some other tasks unrelated to sports, and then get in the car and head west. It may not be the case for all triathletes but for me the feeling of being on the road heading off to race with all your gear is tough to beat as I can forget about everything else going on in life. After clearing the DC traffic and pulling off of 166 my pre-race

enthusiasm was building and the butterflies were returning after the long off-season.

When the sun came-up I was rested and excited to begin the race. As always I went thru everything to ensure my gear was ready and then set-up my transitions. While waiting in 58 degree water for the horn I kept thinking how fortunate I am to be able to have the time and health to be able to do these races and hopefully many more to come.

There will likely be a time when I do not have the pre-race butterflies but I hope it is not too soon. The hours spent racing are in many ways a pure joy often coupled with intense discomfort but I am always amazed that no matter how much I hurt it seems to pale compared to the satisfaction of crossing the line and having that sense of accomplishment.

We compete in races with as many as 2000 people but we are still members of a small community. As we move deeper in to the race season remember that each time you lay out your gear, pull on a wetsuit, and enter the water that you are a very lucky individual who has worked hard to have the opportunity to "go racing on a weekend". So by the time you read this the season is in high gear and hopefully so are you.

Put it in the big ring and race like it's your last!

World Bicycle Relief



www.worldbicyclerelief.org

On December 26, 2004, a massive earthquake off the Northern coast of Sumatra created a Tsunami that swept across the Indian Ocean. It hit the surrounding countries with waves ranging from 8 to 20 meters.

Welcome To Our New TriCat Members

Brad Kirley	Keith Barron	Stephanie Fallon
Hannah Rowan	Kevin Holmes	Stephen Langone
Hermes Soyez	linda Nesbitt	Suzanne Barron
Julia Chudleigh	Matt Braynard	Tom Nalepa
Kathy Sebuck	Richard Stott	Vergil Arbuckle

In the affected coastal regions, villages were destroyed, and lives ended quickly and violently. Current estimates indicate over 200,000 dead, 100,000 missing, and over a million homeless. The survivors now face the long struggle of rebuilding their lives, families and communities.

World Bicycle Relief believes that bicycles can provide the basis for personal independence and mobility. By providing bicycles to those most impacted by the Tsunami, they are providing them with a key to rebuilding their lives, their livelihood and their communities.

Only time, energy and will-power will move the survivors beyond the Tsunami disaster. Providing bicycles will shorten the time in which they regain their livelihood. This effort benefits the survivors and demonstrates the Power of Bicycling.

Become a donor. For less than \$100 you can change someone's life.

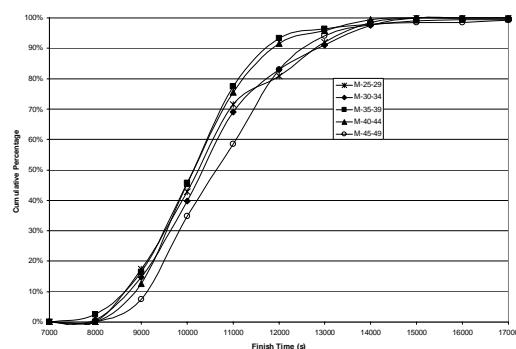


To see if the theory held up, I did some simple analyses of the 2006 Columbia results. Here are the times for the winners:

20-24	2:31:55
25-29	2:15:10
30-34	2:12:53
35-39	2:07:55
40-44	2:17:29
45-49	2:17:08
50-54	2:19:44

This only shows that the young'uns are the slowest of all, even being beaten by the middle aged males.

But if you analyze the data a bit differently, one does find an interesting result. Taking all the times of the competitors in the age groups and examining the cumulative percentages, one gets the results demonstrated below. This shows that the 35-39 group is the fastest, followed very closely by the 40-44 group. Those above 45 are definitely slower.



So the conclusion? If you are between 35 and 44 good luck to you given the competitiveness of your age group. And the older you get, the less the ego comes into play...

TriCats Newsletter

We are always looking for contributions in the form of articles, race reports, etc. Please send anything that you think may be of interest to the editor Chris Bennett: chris@lpcb.org.



Margie Shapiro Winning 2006 Columbia

Hot Weather Training or How to Go Fast in the Heat and Live to Brag About It

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Triathlon is a sport traditionally raced in the late spring, summer, and early fall. Our winter races are usually in the tropics or southern hemisphere, where it is summer. Also, triathlon race directors will routinely start races in temperature and humidity conditions that would result in the cancellation of a marathon due to perceived extreme risk of heat injury to the competitors and the resultant liability risks.

SO, if you are going to do a race that can be warm or even hot, the questions are how best to prepare yourself to race in the heat and how to recognize the early signs of heat related injury so you don't become a casualty instead of a competitor. Intensive preparation including acclimatizing yourself to the conditions, and an exacting attention to fluid and salt requirements can also allow you to use your race preparation as an offensive competitive tool to help you win.

The down side is that failure to listen to your body very carefully while racing and training in the heat, can lead to severe lasting injury and even death in the worse case scenario.

TriCats Discussion Group

<http://sports.groups.yahoo.com/group/tricats/>

Join the TriCats discussion group to keep abreast of the latest news and events.



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The Physiology of Heat and Exercise

When experts examine weather conditions for competitive endurance events, heat begins to be a risk factor well below 80° F, especially if the humidity is over 70%. Then as the temperature and humidity rise to, and above, these levels, the air progressively hinders your body's ability to dissipate the heat that is generated by your body's rapid conversion of energy into forward motion. Triathlons shorter than Olympic distance are not much of a problem as hyperthermia (overheating) is usually only an issue on the run. Since it takes 10+ minutes for the body to begin to heat up while running, the short runs in sprint races are rarely an issue for the competitors.

Cycling in the heat rarely leads to hyperthermia during training or racing because of excellent heat loss through evaporation due to high air flow velocities. One exception to this rule occurs in extreme environments. For example, in the St. Croix 70.3 Triathlon, the temperature can be 90+ degrees, with humidity >90%. On downwind sections of the course if the athlete is cycling at 20 mph and the wind is blowing at 20 mph, there is a net air flow velocity of zero. Then hyperthermia becomes an issue on the bike.

Normally you lose heat by radiation, convection, and evaporation. Evaporation of water from your skin and your lungs as you breathe is the most important mechanism for controlling the rise in body temperature that will occur when heat production from exercise exceeds heat loss to the surrounding air. This becomes an issue if your body temperature rises to 102-103°, and a progressive danger as that temperature rises past 104°. Body temperatures over 105° expose you to risks of injury and death. Remember that before heat stroke occurs, you can drastically reduce heat production by just stopping. Past a certain poorly-defined point in the process of

TriCATs At Columbia							
Name	Place (M/F)	Place (Overall)	Time	Name	Place (M/F)	Place (Overall)	Time
Margie Shapiro	1	25	2:10:17	Justin Durst	906	1267	4:01:49
Amanda Shuman	70	439	2:47:20	Keith Peterson	80	89	2:25:24
Anne Viviani	95	557	2:53:28	Martin Griffin	377	447	2:47:46
Ari Houser	865	1190	3:37:59	Martin Negron	776	1018	3:20:50
Bob Jennings	484	585	2:54:41	Mary Pickering	273	1078	3:25:01
Christopher Bennett	223	257	2:38:00	Melissa Merson	363	1273	4:07:49
David Breese	695	869	3:09:47	Michael Boorstein	67	72	2:23:09
David Flynn	372	442	2:47:25	Michael Ecker	452	546	2:52:54
David Wiesenhahn	186	212	2:35:20	Mike Gillette	899	1255	3:53:16
Eduardo Carranza	513	617	2:56:00	Peter Warner	123	141	2:29:21
Holly O'Connor	200	927	3:13:21	Shawn Fitzpatrick	880	1214	3:41:52
Jenn Brown	141	753	3:02:24	Siri Oswald	306	1155	3:33:02
John Dean	699	876	3:10:11	Thomas Stroup	156	175	2:32:02
John Schlegel	510	614	2:55:57	Todd Myer	299	354	2:42:42

heat injury, however, active cooling is needed to prevent injury.

The complex relationship between heat and humidity and the risk of injury have led to the development of combined measures such as the Heat Index. This is illustrated in the following link:

<http://www.nsis.org/weather/heatindex.html>

Larger individuals have more potential risk for heat-related problems as they have less surface area per pound of body mass, and more muscle mass per square foot of surface area. The insulation provided by body fat is also a risk factor as it prevents heat loss in an efficient manner.



Another factor to consider is that hot, very dry environments lead to very rapid evaporation of water from your skin (Ironman Arizona, and the Grand Columbian are good examples.) This beneficially increases heat loss from evaporation, so wetting yourself can improve heat loss. The downsides are that you lose

more fluid from sweating and the rapid evaporation can delude you into a lower perceived fluid loss rate and lead you to ingest less fluid and salt replacement.

Lastly, data from large sources such as the US military strongly suggest that occurrence of heat exhaustion or heat stroke then predisposes the individual to recurrent episodes of the same problem. So you must go to great lengths to avoid these dangerous problems. If you have had a prior heat stroke, my advice to you is to avoid hot weather training and races entirely.

TYPES OF HEAT ILLNESS AND THEIR TREATMENT

Heat Cramps:

Symptoms: muscle cramps, usually in the legs, and occurring after prolonged exertion

Treatment: slow down; increase fluid and salt intake to your limit of tolerance; if necessary, walk or seek refuge in the shade. These cramps will often abate with treatment and time so you can then resume training or racing after as little as 10-15 minutes.

Heat Exhaustion:

Symptoms: headache, nausea, dizziness, cool and clammy skin, pale face, cramps, weakness, profuse perspiration, mild disorientation but no true confusion.

Treatment: STOP racing or training; get in the shade; drink cool or cold salt containing fluids; get assistance if you do not rapidly improve within minutes. Immersion in water may help. You are done racing/training for that day!

Heat Stroke:

Symptoms: headache, disorientation, nausea, face flushed, hot and dry skin, no perspiration, body temperature over 101°F, chills, rapid pulse. Unfortunately, endurance athletes can suffer heat stroke occasionally without having a warning period before sweating stops.

Treatment: Cool the person immediately; move to shade or indoors; wrap in a cool, wet sheet; get medical assistance ASAP. Partial immersion in water can be lifesaving if medical help is not available. This is what the course volunteers or bystanders should do for you. If you are a careful observer of your body and feelings and you feel any of the symptoms described above, you should immediately take action. Particularly, if you were to stop sweating and/or develop "goose bumps", and/or suddenly feel cold, you must stop immediately and take action to lower your body temperature.

STRATEGIES FOR HOT WEATHER TRAINING AND RACING

1. You can clearly acclimatize yourself to exercise in the heat.

Acclimatization involves slowly increasing the intensity and duration of aerobic cycling and running in hot conditions over several weeks. A wise procedure would be to schedule base pace workouts in the heat initially every 2-3 days. Your body will respond by increasing your sweat rate significantly. Recognize that workouts in the heat will mean that you need more rest afterward AND significantly more salt and fluid. In very long workouts you simply cannot carry enough liquid with you and the only solution is to either stash a refill along the route or carry

cash and plan your route to pass places you can stop to buy more electrolyte replacement drinks.

2. Fluid and salt replacement are the keys to success in hot weather training and racing.

The best strategy for getting your salt and fluids right is to weigh yourself naked before and, as soon as possible, after workouts. Other methods are either expensive, impractical, or both. Chart these weights and progressively increase your fluid and salt intake until you lose less than a ½ pound for workouts less than about 3 hours and a max of a pound for longer ones. Remember that dehydration is a major risk factor in the occurrence of heat exhaustion and heat stroke. Very few athletes can ingest more than 250-300 Kcal per hour at race pace, but most can train themselves to drink up to 32 oz or more per hour. The article referenced below addresses this issue.

<http://www.gssiweb.com/reflib/refs/706/SSE97.cfm?pid=96&CFID=2201969&CFTOKEN=59114012>

3. Water/ice are not for drinking, but for cooling yourself.

Excessive water consumption is such a problem with Ironman athletes that the Association of Ironman Medical directors has recommended that water not be even offered at every aid stop. Since you are sweating salt water, and breathing out pure water, replacement should be a salt and water solution containing both sodium and potassium salts at a concentration somewhat less than the salt concentration in your blood. Drinking much water can lead to progressive hyponatremia. In the worst possible case that can lead to cerebral edema and death. In the best case it will reduce your performance.



Upcoming Events:
Swim Clinic & Video, 3/26
Beginner's Tri Clinic, 3/18
PF Kids Clinics, 4/22 & 6/3

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4. Wear a white or light colored hat while running.

A light or white hat, especially if the underside of the brim is dark, can significantly reduce head and face temperatures in the sun by 10-15 °. Hats also form a convenient ice holder that will cool you and the water from the melting ice can wet your head and clothing to increase evaporative heat loss.

5. Don't warm up for races in extreme conditions.

Your body temperature is a balancing act between heat gain and loss. Warming up (except for the swim in a non wetsuit race) means you start the race with a higher body temperature. Some elite athletes actually use cooling vests to reduce body temperatures immediately prior to a race. Cooling vest information is found at the following link .

<http://www.arcticheatusa.com>

6. If you get muscle cramps then you need more salt.

Added salt intake can be a major factor in reducing cramping and must include both potassium and sodium salts. Try to either train yourself to race on the replacement fluid offered by your race organizer (which usually means you need another source of salt) or be prepared to provide at least some of your own fluid needs. For instance, in a ½ IM race you could start the bike with 2-3 20 oz bottles on your bike and start your run with a bottle in a carrier. Since you may need up to 200 oz of fluid to race a race of 5½ to 6 hrs in extreme conditions with optimal hydration, you would be carrying at least 60-80 oz of your preferred drink mix. You still must try the race-provided drink during your training. It is unwise to drink anything during a race that you haven't used in your longer brick workouts.



My own personal requirement is ½ Cytomax – ½ Accelerade with a minimum of 1/8 tsp table salt per 20 oz bottle. The salt content is raised with

the temperature to ½ tsp at about 90°+ F. I also carry and use 2-4 proprietary salt tablets beginning about 2 hours into a race or training workout.

7. Different folks sweat different amounts of salt.

Salt content of sweat varies widely from person to person, so there is no inexpensive or practical substitute for experimentation on yourself to determine your needs. In the heat remember to add salt until you stop cramping on longer workouts that contain at least some elements approaching AT (Anaerobic Threshold.)

8. Dampening yourself with water can dramatically increase your heat loss in certain conditions.

On the bike, picking up a water bottle and spraying some on your back while riding every 10-15 minutes can increase your evaporative heat loss. Likewise, while running you can drizzle ice water from water stops over your torso and head to increase evaporative losses. Beware, however, that too much water so as to flood your shoes and wet your feet is a sure recipe for blisters that could end your race before the finish line.

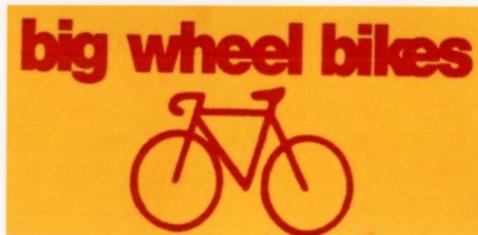
9. Blisters on your feet and abrasion injury to various parts of your anatomy are a real problem in hot weather.

There are sure-fire strategies to help out here. Lubricants applied to underarms, nipples, and crotch areas are very helpful. Trying to keep your feet relatively dry always helps. Lubricants, either dry (talcum powder) or wet (Body Glide/Sport Slick) can reduce friction and blistering in both bike and running shoes. Toughening your feet can also help. Two ways to do this include conditioning your feet to do without socks slowly over months; and to paint the susceptible areas of your feet daily with Tincture of Iodine (TOI) from the beginning of training season. TOI is well tolerated unless you are allergic to iodine. Also, it dries in 2-3 minutes so you can then walk around without staining the floor coverings or your bed sheets. (I go up to ½ IM without socks and virtually never blister using this process. My socks come off when the snow melts.)

Toughening your feet also contributes to pro-style transition times (the 4th sport in triathlon) as you save 10-30+ seconds by not donning socks. Lastly, in salt water swims, always rinse with fresh water before jumping on your bike, even if you have to bring your own water in an old Gatorade bottle. Salt from the ocean will scrub you raw as it dries into crystals.

10. Last but not least, avoid sun damage to your skin.

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Sunburn is very, very bad. Melanoma is a deadly disease, and every sunburn increases your chances of getting this dreadful cancer. Protect the one and only issue of skin you'll ever have by including the following on your must do list: Buy training tops that are cool, readily aid in water evaporation, and that have protection for your neck and shoulders. Light colors or white helps keep you cool. Please remember that you can sunburn through very "see-through" fabrics.

Don't expect your suntan lotion to survive a swim with your wet suit. The fabric liner of the suit will remove most of the lotion from your skin. Remember to apply protective stuff to your face, ears, and nose. Never race with suntan lotion you haven't pre-tested during training to include swimming.

The best suntan lotions for daily use unfortunately are not sold in the US. The FDA hasn't approved the best chemical additives, but the Canadian government has done so. Brands sold through Canadian pharmacies such as L'Oreal's Ombrelle Extreme SPF-30 lotion are excellent and hypoallergenic. So get with a few friends and order by mail from Canada. The 240 ml bottles are economical.

IN SUMMARY

Hot weather training can dramatically improve your performance in hot weather racing. A couple of workouts per week at 2 pm, coupled with extra rest, can acclimate you to this

extreme environment. Recognize that you must absolutely listen to your body, and that errors can exact a very high price. In extremely hot weather, only the smart, acclimated racers that can ride the line between performance and destruction survive to win. SO, If you want to be Jimmy Buffet's "last man standing" as the song says, practice in the heat if your "A" race is hot and listen very, very carefully to what your body has to say every minute. Hydration, salt, prevention of sunburn, and body temperature control are the key issues.

My own personal experience in this area has led to numerous hot weather race wins against competitors I never thought I could begin to compete with on my best day. They DNF'd due to the heat and I paced and drank my way to a win on more than one day. My 2004 race win in St. Croix took approx 200 oz of fluid intake to win, and the bank thermometer read 99° on the last lap of the run.

ADDITIONAL REFERENCES AND INFORMATION:

<http://sportsmedicine.about.com/cs/hydration/a/acsmfluid.htm>

American College of Sports Medicine Position Stand. Heat and Cold Illnesses during Distance Running. Med Sci Sports Exerc 1996; 28:i-x.

Note that I depart from standardized recommendations about salt intake. Those standard recommendations assume we would not even be racing under the conditions that we commonly face as competitors in some hot race venues. Application of rules used in marathons would result in cancellation of numerous summer triathlons due to the temperature at race start time and/or the projected maximum temperature and humidity during the event.

Bicycle Locks

Have you ever wondered what lock works best when it comes to protecting your precious bicycle? If so, read the article at Slate: 'Avoiding the Bicycle Thief: The best locks to protect your wheels' (<http://www.slate.com/id/2140083/>).

Armed with everything from bolt cutters to a hack saw, their intrepid reporter attacked a range of locks from cables through chains to the popular 'U' bolt locks. The winner? The Kryptonite New York Fahgettaboudit U-Lock. It is reported:

"If I were a pro bicycle thief, I'd skip any bike protected by a poison-frog-yellow New York Fahgettaboudit U-lock (or the NYFU). It took its beating with the poise of a journeyman NHL defenseman. At my hacksawing rate, it would have taken 42 minutes to cut through the 18 mm shackle. (It didn't get a perfect 20 score for security because my assault managed to jar a spring loose inside the crossbar, but that wouldn't affect lockup strength.)

I wasn't too surprised: The NYFU is made with so much hardened steel that it could moonlight as a dumbbell. But weight aside, its small size makes it easy to carry. The only drawback of "mini" U-locks like the NYFU is that the small stature means you can only lock the bike frame to an object—there's no room for also locking wheels. Kryptonite has enough confidence in their new flagship lock to back it up with a \$4,500 anti-theft warranty. (Not that I've ever seen, much less owned, a bike worth anywhere near that much.) It's pricey, but the NY Fahgettaboudit is worth the dough."

Spin Doctor's Guide to Painless Cycling

Dr. Ben Pearl
www.arlingtonfootandankle.com

If you have chosen cycling as your main sporting activity, you will be pleased to know that next to

swimming, it is one of the least damaging high aerobic demand sports. Nevertheless, there are a few chronic injury syndromes that can occur while riding. Many of these problems can be avoided if you take a few minutes before and after you ride with an appropriate warm up and stretching regime. This is critical if you are undergoing a fast-paced work-out or hammering the hills.

The ideal stretching conditions are when your body is warmed up, which can be accomplished with some light riding or jogging. The reason you warm up is to get blood moving to your extremities so that you can stretch more effectively. The muscles I recommend that cyclists stretch include the calves (gastrocnemius), the front upper leg muscles (hamstrings), and outer hip muscles (tensor fascia latae). There are many running and fitness books which have excellent diagrams of the proper stretches. Stretching after a workout is important because of the shortening which occurs after a muscle has been vigorously contracted in physical activity.



Matt Braynard at VA Run. Photo by Dan Hickock

One of the more common problems cyclists experience is knee pain. Often the knee is involved because of an imbalance occurring above or below the knee joint. Other problems include muscle imbalances, excess motion in one or more joints, and leg length discrepancies. A cycling orthotic can be made to compensate for many of these problems.



Jason Goyanko at VA Run. Photo by Dan Hicok

Not only can an orthotic decrease injuries but it can improve performance. This is accomplished by filling the dead space between your arch and the insole of your shoe so that energy is transferred directly to your pedal and not lost inside the cleat. An example of an imbalance which may be corrected is building lift on one side of an orthotic if there is leg length discrepancy. As a general rule, I usually compensate for half the difference of the discrepancy. Another problem that can be addressed is excess motion which can cause knee or arch pain. By placing a cant into a prescription for an orthotic, this force can be decreased.

Another area that cyclists can encounter is numbness and burning where the groin interfaces with the saddle. This is usually due to pressure against the pudendal nerve in the pelvis. There are bicycle saddles made with areas of gel padding built in that will usually relieve the problem. Other saddles are made specifically for female riders to address their wider pelvis.

Muscle imbalances are a potential problem area that can plague your cycling. This happens commonly with the bigger front thigh muscles (quadriceps) overpowering the hamstrings or the calf muscles overpowering the front muscles in the lower leg. A muscle strength and flexibility evaluation can identify these problems. Consult a sports medicine specialist if these initial steps do not resolve your discomfort.

Editor's Note: Dr. Ben Pearl is a podiatrist who specializes in sports related injuries. He has

offices in Oakton, VA and Arlington, VA. Dr. Pearl can be reached at 703-516-9408

Race Report: Devilman 70.3

Laura Novak
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Did you ever swim in a mud puddle? I did this weekend...

The Devilman organizers tried to pass off a large mud puddle as the swim venue for the Devilman Half Ironman and Sprint Race. The water was already bad enough before the swimmers started stirring the sludge from the bottom of the puddle to the top. Sprinters did one lap around the puddle and Half Ironman participants did two. By the time my heat started (sprint swimmers went first and then Half Ironman swimmers - my heat was second to last) the water was so thick with particles and grunge, that you could not see your hands if you put them on your goggles. Yes - it was pitch black when your head was in the water - not a ray of sun could penetrate. This is in addition to the rocks you randomly hit with your hands as you circled passed the buoys or the logs you hurdled as you ran to shore. Did I say RUN to shore? You surely couldn't run because you sank to your thighs. Rather, you had to swim until your belly hit bottom and then you sort of slithered out. Did I mention there were snakes? I'll take the Potomac River and the "X" factor any day!

Anyway, this was my first Half Ironman distance race. I originally planned to do my first Half Ironman this fall at Lake Ana, but my brother called me earlier this year to tell me he planned to do Devilman as his first Half. Well, despite the fact that I turn 40 this year and sibling rivalry should no longer factor in my life decisions, I couldn't help but think that there was no way he was going to a Half before I did - so I signed up. I had great visions of training smart and hard. In reality, I didn't get much chance to ride (other than the once or twice weekly 11-15 mile one-way ride into work and back on my mountain bike). My longest ride before the race was 40 miles four weeks prior. Swimming was going great until my work and life schedule was such that I could not get to a pool for the last two weeks. Running was also stunted and I had to abandon my training scheduled and sneak in the quick runs as time allowed. My goals quickly changed from making this the best race in my life to "please...just let me finish!" As such, I managed to not think about the race at all.... absolutely no mental preparation. I had an hour car ride the morning of the race during which time I forced all race thoughts out of my mind - except to remind myself to have fun! Normally I show up for races with way too much time to

spare. This time I arrived with just enough time to set up my transition area and get my wetsuit on.



I met up with my brother and we headed over to the swim start area. This when everyone started saying they had to pee - which of course made me think the same thing. Not a problem, I would take care of it in the water. Unfortunately, once we got in the water, there was not a lot of time before the gun went off for our heat, so peeing had to wait. I also didn't start my watch because we were all focused on the disgusting nature of the water. Okay, enough about the water....

After slithering out of the water, I ran to the transition area and got ready for the bike. Good news, most bikes from my heat were still racked, so I must have had a decent swim (Since I didn't start my watch I had no idea of the time but later found out it was roughly 35 minutes). The bike portion was a two lap flat course - which normally is good, but it also means you never stop moving your legs - no coasting (a major part of my race strategy!). But flat means fast and I kept getting excited about how fast I was going and then reminding myself that it was a long ride, followed by a long run! I managed to calm myself down and ride at a comfortable pace - 17.7 (no records being broken here!). Slowing my pace down meant I watched as, one by one, I was passed by those who I out swam. That's when I started my mantra "race with in yourself." And you know what? It worked, I relaxed and started having fun! Except I really had to pee... I finally convinced myself that I had to stop when I realized that my hydration was being compromised. By the way - there is a great disadvantage for women who wear one piece tri-suits in this regard. I finished the bike portion and noticed again that most of the bikes from my heat were racked. Oh well! Now for the run - I was sure that the three people who didn't pass me on the bike would do so on the run.

The first mile was by far the most painful! But I started to stretch out and feel better with each mile. I ran several miles with one woman and we shared life backgrounds to pass the time, which it did. She moved on and I kept going at

my own pace. Then I caught up with my brother's friend during mile 7 (apparently my brother managed to convince him to do the race as well - he is an evil man!) It was his first half as well and he was looking a little worse for wear but he was "not going let this be his first DNF in 16 races". We ran together for next five miles and again let conversation pass the time. We were at the last mile before I knew it. I turned to my friend and said "I'm going for it!" and I literally sprinted the last mile!

So I didn't break any records and I certainly think I can do better in future races - but I actually had fun. *Did I mention the water....?*

Race Report: Diamondman 70.3

Chris Bennett
chris@lpcb.org

Everyone's first 70.3 is memorable for different reasons. Mine for the absolute stupidity in forgetting that a half-marathon is 13+ miles instead of 12+, but more about that later ...

The Diamondman race is held at Lum's Pond in Delaware. The 2005 race was 11 September and it was my final race of the season.

The day started cool but promised to be warm. Although I was there early, it was already very busy. I parked my bike in the transition area and laid out my gear carefully. I learned from my previous races to double check everything to ensure a smooth transition. OK, we all know what we are supposed to do but this time I made sure that the laces on the shoes are completely open, socks and gloves turned the right way around, glasses placed so that they can be put on before the helmet, etc. Screwed up on these small things in previous races.

It was interesting to see the different bicycles since that helps me to determine the seriousness of the competitor. Newbies used basic 10 speed road bikes - and even mountain bikes - while serious (or rich) people have bikes that cost several times what I paid for my first car.

The swim was in Lum's Pond which was about half a mile down a trail from the transition area. Waiting for the swim start, Lis and I met Taneen (TriCat and Potomac River Running Club friend) who was also competing. There was quite a crowd with 478 competitors and their supporters. They started us off in waves and we (the 40+ crowd) were in the fourth wave. We walked into the pond and formed a group about 30 yards from the shore from where the start

was. The floor of the pond was very soft and I sunk up to my knee. Unfortunately, there was a large rock at the bottom of the mud so I got a bad cut in my foot (which was to take about a month to fully heal). Bother. A bad way to start a hard race.

Just before we started one of the competitors called out "OK guys. Let's go out and show the young ones what triathlons are all about". We laughed but there was a grain of truth to it; the ego thing with older males ...

The start was typical of most swims, you know, the elbows, slaps, kicks, etc. I thought it was bad until I raced Columbia. If you haven't seen Wes Hobson's video which accurately describes what it is like, check it out at:

<http://www.weshobsonperformance.com/newsletter/commercial.html>

When I was a good way towards the turn around point I started getting passed by the next wave, but I didn't mind as I knew I was doing well (for me). The biggest problem I had was swimming in a semi-straight line. On the way back the

rising sun was in my eyes so it was even more difficult, but I eventually made it back to shore and was up out of the water.

The ride took us through some lovely country side, but was quite windy in places. The roads were good but there were still the inevitable punctures. The organizers had a repair vehicle driving up and down the route so help would come by at some stage, but there can nothing more demoralizing than puncturing during a race and losing 3-5 minutes while you change a tire.



There was a fellow who was moving at the same speed as I was and we passed quite a few cyclists. In fact, we rode together for almost the

COMING THIS SUMMER!

PRR RESTON TOWN CENTER!

Potomac River Running is proud to announce a new store in the heart of Reston.

We look forward to providing the video gait analysis and individualized attention you've come to expect in Ashburn and Burke. Our new location is in the heart of Reston, where so many runners and walkers live, work, train, and shop!

Visit www.potomacriverrunning.com for updates on progress, opening dates, and Grand Opening Events!

Potomac River Running Stores

Locations:	Ashburn Old Ashburn Square 20630 Ashburn Road Ashburn, VA 703-729-0133 (near Partlow's Store and the W&OD Trail in Ashburn)	Burke Burke Centre Shopping Center 5715 Burke Centre Pkwy. Burke, VA 703-978-0500 (in Burke Centre near the CVS)	Reston Reston Town Center 11921 Freedom Drive Reston, VA (in Reston Town Center across from McCormick & Schmick)	Hours: Monday-Friday: 10-8 Saturday: 10-6 Sunday: 12-5
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entire ride, but were careful not to draft each other.

The course was generally flat, but the wind still made the work a bit difficult. We had to cross a very large bridge which was the only major grade on the course. I don't mind hills, so I used the opportunity to pass a few people. The expansion joints on the bridge were a bit of a worry as I descended quite quickly, but fortunately I didn't puncture or bend a wheel. On the return leg I noticed a rider with a 'Tricats' water bottle. Don't know who it was but if you are reading this I missed seeing your tail on your bike. ☺



The ride was soon over and it had gone well. Now for the run. By this stage it was warming up big time. The route took us back out of the park and then down adjacent to a canal. Much of the run was on gravel and the heat was particularly difficult.

Afterwards,

Taneen told me that she had cramped because of the heat and not enough electrolytes. Easy to do on a day like this. At least I followed Dr. Al's advice (see the earlier article in this newsletter) by (i) taking electrolytes; (ii) wearing a white hat; and (iii) 'watering' myself at each station by pouring bottles over my head.

My plan was to do the run at about a 7:45 min/mile pace. At the turnaround I was on schedule with 7:37 min/mile, a little fast, but I felt good. I dialed back the speed for the next few miles to conserve energy. I always have a strong finish so my plan was to up the pace two miles from the end and then go flat out (Zone 5) for the last mile.

I followed my plan and upped the pace and then went absolutely flat out for the last mile. When I reached the mile post I realized that I had made a huge mistake; instead of starting at mile 11 I had started at mile 10! For some idiotic reason I had thought there was only 12 miles to run, not 13+.

The last sprint had taken most of what I had left out of me so I jogged a bit and then did my best to make it to the finish line. Just to add insult to injury, it was mainly uphill—or at least seemed that way! I eventually made it to the park and was smoked by a woman who passed me like a

jackrabbit. I made it to the line and that was it. My final run time was 8:10 min/mile, which shows how badly I did on the last half.

My wife Lis was there to pick up the pieces, but it wasn't too bad as the next morning I flew to China and was able to actually walk on the plane. It's a fun race and great for a first 70.3. I'd recommend it—but just don't forget one thing. A half-marathon is 13+ ... not 12+.

Our Favorite Group Training

The following are some group training activities suggested by club members.

BIKING	
What:	PPTC Downtown Breakaway Ride
When:	Tuesday evenings at 18:00
Where:	Meet at Mitchell Park, S Street between 22nd and 23rd. Near Dupont Circle
Why:	This is an excellent hill ride with a group ranging from B/BB to A/AA. After warming up on hills in D.C. it heads out towards Great Falls with a fast pace line home along McArthur Blvd. Typically runs about 30+ miles.
Contact:	Join the mailing list by sending an e-m to: lmilor@comcast.net
Cost:	Nothing but sweat

BIKING	
What:	PPTC Wakefield Ride
When:	T and Th at 18:00
Where:	Wakefield Park by the softball fields
Why:	25 mile suburban ride with an A and B group. Pack ride of 15-40 people.
Contact:	Show up ride.
Cost:	Free

BIKING	
What:	Sleepy Hollow Intervals
When:	Tuesday 6:00pm
Where:	Sleepy Hollow Elementary School
Why:	Interval workout on a 4 mile loop thru the hilly neighborhoods of Lake Barcroft. We'll ride loops as well as peel off for hill repeats. All abilities are welcomed and encouraged. Perform your own workout or we'll recommend one for you. Ride usually last 60-90 minutes depending on how many loops you want to ride.
Contact:	Show up and join or contact: eric@principlefitness.com
Cost:	Free to all. If you need specific workouts, Coach Eric can build you a training plan

RUNNING	
What:	Potomac River Running Club
When:	Tuesday and Thursday Mornings at 06:45
Where:	Washington Lee High School track near Ballston Metro in Virginia
Why:	Coached by Margie Shapiro, Ray and Cathy Pugsley, they develop a running program which is tailored to your needs and abilities. Regular speed work makes a huge difference to your performance.
Contact:	Show up for training or contact Margie: Margie@potomacriverrunning.com
Cost:	About \$200-300 per quarter depending on the level of coaching you want

RUNNING	
What:	Principle Fitness Track Workouts
When:	Thursdays at 6:30am
Where:	Falls Church High School Track
Why:	Interval training designed around triathlon and road racing needs. Every practice integrates drills and speed work to develop greater run efficiency. Bring your own workout or we will match you with one that fits your needs.
Contact:	Show up or contact: eric@principlefitness.com
Cost:	Free to all. If you need specific workouts, Coach Eric can build you a training plan

SWIMMING	
What:	Arlington Masters Swim Club
When:	S/M/T/W/T at 19:00 (S) and 20:30 (Others)
Where:	Washington Lee High Pool near Ballston Metro in Virginia (S/M/T/T) or Jefferson Pool (W)
Why:	Drill clinics M for freestyle and W for others (also freestyle), the group has swimmers of a range a speeds and abilities. Good training.
Contact:	Show up and join.
Cost:	About \$45 annual membership fee and \$8 per visit

SWIMMING	
What:	Team Z Masters Swimming
When:	Tues/Thurs at 5:30-6:30 AM (5:00-6:30AM in June/July)
Where:	Providence Rec Center (http://www.fairfaxcounty.gov/parks/rec/prorec.htm)
Why:	Swim Practices are tailored for Open Water Swimmers and Triathletes. Training focus is on swimming open water miles vs. 100's, 200's, etc. The entire training year is designed to align with the triathlon and open water racing seasons, peaking swimmers twice annually (Mid season, End of season). Athletes of all abilities from "can't spell goggle" to ex-collegiate swimmers. Coaches are both ex-collegiate swimmers, triathletes, and veteran open water swimmers.
Contact:	CoachEd@triteamz.com
Cost:	No annual membership fee and \$6 per visit on a punch card (only lose it if you use it).

SWIMMING	
What:	Annandale Masters Swim Club
When:	M/W/T at 6:30 AM SAT 7:20-8:50 SM
Where:	Audrey Moore Recreation Center and Ravenworth pool
Why:	Drill clinics M for freestyle and W for others (also freestyle), the group has swimmers of a range a speeds and abilities. Good training.
Contact:	John or Jenni Buechler: john.buechler@tricats.org
Cost:	About \$45 annual membership fee and \$4 per visit

SWIMMING	
What:	Fairfax County Masters
When:	M/T/W/T at 20:00 and Sat at 8:00AM
Where:	Audrey Moore Rec Center, Oak Marr Rec Center, and Providence Rec Center
Why:	Drill clinics M for freestyle and W for others (also freestyle), the group has swimmers of a range a speeds and abilities. Good training.
Contact:	Show up and join.
Cost:	About \$45 annual membership fee and \$4 per visit

SWIMMING	
What:	Fairfax Area Aquatic Team (Masters)
When:	M/W/F at 5:30-6:30am (winter), 5:30-7:00am (summer)
Where:	Providence Rec Center mid-September thru May, and Westwood Country Club (Vienna) Memorial Day thru mid-September.
Why:	Workouts are designed for distance freestyle. Most of our swimmers are triathletes. Freestyle drill clinics every Wednesday. Wide range of speeds and abilities. Summer swims are 90 minute practices in outdoor 50m pool.
Contact:	Show up and join or contact, eric@principlefitness.com
Cost:	\$15 Annual Fee. Winter rates: \$60 per month for three (3) days per week, \$45 per month for two (2) days per week. Summer rates: \$90 per month for three (3) days per week, \$65 per month for 2 days per week. First week is free for you to try it out!

Club Coaches

The TriCats are fortunate to have a number of professional and amateur coaches in our club. The following is a list which has been assembled based on responses to our e-mails and posts on the Yahoo Groups.

CLUB SPONSOR	
Name:	Eric Sorensen
Position:	Owner, Head Coach
Company:	Principle Fitness
E-mail:	eric@principlefitness.com
Phone:	571-278-4581
Qualifications:	USAT Level 1 Coach NSPA Certified Personal Trainer Schwinn Cycling Instructor USA Cycling Level 1 Coach F.I.S.T. Certified Bike Fitter (pending)
Area of Expertise:	
Special Services:	Swim and Run Technique lessons, Bike Fitting
Brief Bio:	<p>I have been a full time triathlon coach since 1999. I have worked with athletes ranging in abilities from ITU World Champions to brand new triathletes. And each one receives the same high level of service and commitment. Over the past 6 seasons, I have coached over 30 athletes to their first Ironman finish. While we at Principle Fitness provide some group training programs, I staunchly refuse a cookie-cutter approach to working with our athletes. Even those in our groups receive personal interaction and feedback from their coaches.</p> <p>My coaching philosophy is pretty simple: The relationship between the coach and athlete is far more important than any workout, any supplement, or any piece of equipment. The coach needs to understand WHY the client is doing what he or she is doing. The client needs to trust the coach with his or her goals, hopes, and fears. Build the relationship first and the science will follow.</p>

CLUB SPONSOR	
Name:	Gail Lohman
Position:	
Company:	Principle Fitness
E-mail:	gail@principlefitness.com
Phone:	(703)930-9301
Qualifications:	USAT Level 1 Certified Coach
Area of Expertise:	Principle Fitness Coach since 2004
Special Services:	
Brief Bio:	<p>After getting into the sport of triathlon as the biker for an Ironman distance relay, I have been a triathlete for 5 years. I have completed 3 Ironman races, in addition to numerous races from sprint to ½ IM. I have been working as a Principle Fitness coach for the last two seasons, coaching both individual clients as well as groups for IM Wisconsin, IM Florida and Project 70.3. Group training is great for keeping focused, being accountable and building camaraderie. While group dynamics are great, I make my mission to ensure that each person feels they are getting the attention they need to succeed.</p> <p>My coaching philosophy is to work with each individual to build their level of fitness, train smart, achieve their goals and have fun doing it. And after all these years of training and racing, I know lots of tricks that will help you go fast!</p>

CLUB SPONSOR	
Name:	Cindy Eckert
Position:	
Company:	Human Potentials <u>UnLtd.</u> & Principle Fitness (coach)
E-mail:	cindyveck@cox.net cindy@principlefitness.com
Phone:	703.801.4518
Qualifications:	Masters Degree, Exercise Physiology USAT Level I Coach Sports Conditioning Cert., The PlayStrong Institute A lifetime of involvement in athletics, as an athlete, teacher, coach and mentor. 15 years working in the fields of fitness and wellness: personal training, swim coaching (U.S.S.), HealthyLife coaching, strength training for athletic performance.
Area of Expertise:	Swim technique and training / Functional, integrated strength training
Special Services:	One on One swim coaching (how to really swim after doing all those drills!) and strength training for triathlon (the missing element in most programs) consultation and one on one coaching
Brief Bio:	I have been a competitive triathlete since 1991 specializing in Olympic distance races, from the Reston Tri to USAT Nationals. I grew up swimming (AAU/USS and NCAA Div I) and have continued to be involved with Masters swimming most of my adult life. My career interests have always revolved around fitness and wellness, and in particular mind/body/spirit aspects of health, exercise and sport. New interests include sport psychology and Eastern philosophies of health such as acupuncture... ... I love the sport of triathlon and the transforming power it can have on people's lives. I believe it is about a lifestyle, not just one Ironman race. I also believe in staying true to the adventurous roots of the sport and in trying to keep it simple and fun and not take it all too seriously... you swim... you bike... you run... (all fast!) and then you hang out and party with some of the coolest people you'll find anywhere...



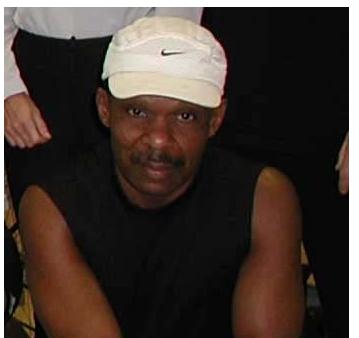
CLUB SPONSOR	
Name:	Margie Shapiro
Position:	Running Coach, Triathlon Coach
Company:	Potomac River Running, Fitness Concepts Inc.
E-mail:	margie@potomacriverrunning.com
Phone:	703 371-4097
Qualifications:	
Area of Expertise:	Running, Olympic Distance Triathlon
Special Services:	Run technique lessons, VO2 Max Testing
Brief Bio:	Cathy and Ray Pugsley and I started the PR Running Club in 2001 and have coached runners on the track for the past 5 years. We work with runners of all levels and who race all distances from 5k to marathon, providing individualized training in a group setting with the philosophy that all distance runners benefit from the same general physiological principles, but each individual's goals require specific training designed just for them. Also, I am in my fourth year working as a triathlon coach for Fitness Concepts, Inc., an endurance coaching company. I prefer as much face to face interaction as possible and enjoy coaching clients of all levels and race specialties. I believe in helping my clients make triathlon an important but non-dominating aspect of their lives. We aim to get the most out of each workout so that clients are successful even with very limited training time.



TRICATS BOARD MEMBER	
Name:	Jenn Brown
Position:	Executive Director
Company:	Girls on the Run of NOVA
E-mail:	coachjenn@principlefitness.com
Phone:	Ph: 571-265-6869
Qualifications:	USAT Level 1, expected Spring, 2006; Certified Girls on the Run Coach (ages 8-14) , 2+ years; CPR, First Aid
Area of Expertise:	Triathlon, Running Associate Coach for Principle Fitness and PF Kids; Coach - Girls on the Run Specializing in women, beginners and kids
Special Services:	
Brief Bio:	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. I am very excited to begin coaching triathletes. I believe that while creating a training strategy and race plan are two very important components to coaching, it is even more important to truly know your athletes. My clients will receive support and advice specific to their individual needs as well as tailored training schedules.

TRICATS BOARD MEMBER	
Name:	Al and Mary Delaney
Position:	Owners
Company:	Rehab to Racing
E-mail:	marytdelaney@cox.net allendelaney@cox.net
Phone:	Mary 703-409-3844 Al 571-213-0254
Qualifications:	Mary is a Physical Therapist and Al is a Physician, and both are Level 1 USAT Certified Coaches, making them uniquely qualified in their business.
Area of Expertise:	Helping multisport and endurance athletes who are currently injured or who are recurrently injured and want to continue to train. They work to discover the cause of the injury, fix that, and then help the athlete institute a training program that will prevent the injury from recurring.
Special Services:	
Brief Bio:	Al and Mary have been runners for 30+ years and have been competing in triathlons for 9 years. Their success in triathlon includes IM qualification, over 20 age group wins, and an age group long distance championship in 2004. They have also raced marathon canoe and for a multi-sport relay team run by Mary in Washington state.

Name:	Ed Zerkle	
Position:	Owner	
Company:	Team Z, LLC (www.TriTeamZ.com)	
E-mail:	CoachEd@TriTeamZ.com	
Phone:	703-200-3081	
Qualifications:	<ul style="list-style-type: none"> • USA Triathlon Level 1 Coach • USA Triathlon Level 3 Official • USA Triathlon Art & Science of Coaching Seminar • American Red Cross First Aid and CPR 	
Area of Expertise:	All aspects of coaching beginner to intermediate triathletes in a social/group environment.	
Special Services:	<ul style="list-style-type: none"> • Coach-led, group workouts offered year round (up to seven workouts each week). • Comprehensive annual season and race planning. • Cyclical Triathlon/Educational Clinics (from Triathlon 101 to Season Planning & Execution, Race Strategy, and Training with a Heart Rate Monitor). • Monthly group workout location planning (up to 3 months in advance). • Group Travel and Race Coordination. • Much More! 	
Brief Bio:	<p>I have been coaching and competing competitively in swimming on the local, state, and national level for over 25 years. I have been competing in endurance racing for over 10 years including open water swimming, marathons, and triathlons, including 3 Ironmans. I have been coaching triathlon in a group environment for over 4 years and have coached over 300 triathletes of all abilities (from Sprint to Ironman Distance).</p> <p>My coaching philosophy is focused on creating a team environment in which each individual excels. I want each person I work with to feel like a professional athlete regardless of that person's experience, ability, or background. As a mentor to my athletes, I strive to provide a supportive and nurturing training environment that introduces and reinforces proper training methods and self-improvement strategies. The goal of my program is to encourage a sustained, healthy lifestyle for both beginning and experienced triathletes. As members of Team Z, Team Z athletes should be willing to actively participate in an intelligently designed group training environment that promotes a team atmosphere including the social aspects of the endurance lifestyle.</p>	

Name:	Chip Hill	
Position:		
Company:		
E-mail:	chillio@tmo.blackberry.net	
Phone:	(703) 938-7240	
Qualifications:	21 years of triathlon coaching experience	
Area of Expertise:	Chip coaches triathlon swimming and any other short or long distance swim events. Training focuses on the mental aspects of athletics.	
Special Services:	For 21 years, Chip has been coaching group triathlon programs in the Northern Virginia area. Additionally, he coaches triathletes of all ability levels individually for all distances. He has coached 27 individuals to Ironman triathlon finishes.	
Brief Bio:	Chip has 21 years of triathlon coaching, 25 years of run coaching, and 20 years of swim coaching experience. He is a 6 time Hawaii Ironman Triathlon Qualifier, former Professional Marathon Runner (New Balance), and Olympian.	

Name:	Bob Shaver	
Position:		
Company:	Shaver Multisport	
E-mail:	Shavermultisport@cox.net	
Phone:	703-973-7326	
Qualifications:	USAT Level 1 coach USA Cycling Level 2 coach USA Cycling "Power-Based Training" certification pending	
Area of Expertise:		
Special Services:		
Brief Bio:	<p>I have been participating in distance cycling for 15 years, duathlons and triathlons for 8 years. My best finish was a 3rd place 40-44 age group finish in the 2000 Cambridge Duathlon. Since starting my coaching business, I have coached clients in short course duathlons, sprint to iron distance triathlons and running races from 5Ks to marathons. Clients include a 2005 Team USA member (duathlon) and Boston Marathon qualifier.</p> <p>Physical therapy after knee surgery in 1990 led to my interest in exercise physiology and kinesiology. I apply these interests to helping clients develop efficient cycling, running and swimming techniques. Together with my life-long love of fitness I strive to make duathlons and triathlons fun, rewarding, and a life-long activity. I help people balance life and fitness, and to have a better life through fitness.</p>	

Name:	Sarah Robertson	
Position:		
Company:	Outside In Fitness	
E-mail:	sarah@outsideinfitness.com	
Phone:	703-801-2756	
Qualifications:	Master's degree in exercise science ACE certified personal trainer ACSM certified wellness coach	
Area of Expertise:	Personal and small group outdoor fitness training as well as outdoor family fitness training— well-rounded and super fun aerobic/ strength/flexibility/agility/balance workouts outdoors for either individuals, friends, or parents and their kids	
Special Services:	Wellness coaching: family fitness	
Brief Bio:	Formerly overweight with just a small number of races to her credit, Sarah prides herself on being more of a general fitness coach to the masses – but an inspiring one at that! Sarah offers innovative personal, small group, and family outdoor fitness training and wellness coaching for all ages in the northern Virginia and surrounding DC metro areas. Her customized fitness programs integrate the natural environment with traditional exercise techniques for an exhilarating total mind-body-spirit conditioning program. OIF is also developing a niche in working with families—motivating both parents and kids to have fun and get active together while outdoors—as well as wellness coaching for weight management.	

Name:	Brian Roche		
Position:	Head Coach		
Company:	RTS Endurance		
E-mail:	BWRTriathlete@msn.com		
Phone:	703-727-7839		
Qualifications:	USAT Level 2 coach Ultrafit Associate U. S. Coast Guard Wellness Professional USAT Level III Race Official		
Area of Expertise:	Coaching athletes with limited time to train, Swim stroke analysis		
Special Services:	Personal coaching sessions		
Brief Bio:	Brian has been coaching runners, cyclists (Road/MTB/Cyclo-Cross), swimmers, duathletes and triathletes at all levels for over 8 years. Clients have included athletes from all levels of ability to include back/middle of the packers to State/National Champions and Hawaii Ironman finishers. Brian has been competing in multi-sport and single sport competitions since 1986, from the local to National Level, with regular podium results. Brian has dedicated an enormous amount of time to expanding his knowledge on human performance, nutrition and psychology. As a USA Triathlon Certified Level II (Expert) Coach, Ultrafit Associate and US Coast Guard Certified Wellness Professional, Brian has developed a unique coaching style which is more of a teacher/mentor approach which is driven by athlete/coach interaction. He has been a speaker at many functions addressing athletic performance, safe racing techniques and over-all proper wellness practices. Brian has teamed with one of the most formable coaching firms in the country, Fitness Concepts, which offers metabolic analyzation, VO2 Max and Lactate Threshold testing.		

Name:	Melissa Dalio	Photo not available	
Position:	Exercise Physiologist Endurance Coach		
Company:			
E-mail:			
Phone:			
Qualifications:	B.S. in Health and Human Performance Currently working on Master's in Sports Nutrition		
Area of Expertise:			
Special Services:	VO2 testing on the treadmill, bike and rowing machine with a gas exchange system.		
Brief Bio:	Coaching Triathletes, Mountain bikers, Runners and general fitness fulltime since 2001. I have experience coaching first timers to elite level athletes. I have a strong background in weight loss and have studied run and swim biomechanics extensively. I enjoy teaching biomechanics.		

Race Schedule

Brian Kennedy
brian_j_k@yahoo.com

Race length	Name	Location	Web site	Registration Opens (approx.)	Date	TriCATs Tent?
Sprint	Breezy Point Tri	Norfolk, VA	www.breezypointtri.com	1/1/06	6/4/06	
Swim	Chesapeake Bay Swim	Stevensville, MD	www.lin-mark.com	~2/1/06 ***	6/11/06	
½ Iron	Eagleman	Cambridge, MD	www.tricolumbia.org	~10/1/05	6/11/06	YES
Oly	Escape from Ft. Delaware	Delaware City, DE	www.lin-mark.com	~10/15/05	6/10/06	
Sprint/Oly	Hampton Tri - not yet listed for 2006 (as of 1/5/06)	Hampton, VA	www.sommersports.com	no updates by 1/5	6/17-18/06	
Sprint	Marathon Sports Tri	Middletown, DE	www.lmsports.com	1/1/06	6/18/06	
Sprint	Charlottesville Sprint	Charlottesville, VA	www.cvilletriaathlete.com	1/1/06	6/18/06	
Oly (0.5 sw) & ½ Iron	Tinman Triathlon	Tupper Lake, NY	www.tupperlakeinfo.com/tinman/	~11/1/05	6/24/06	
Sprint	Bath County	Warm Springs, VA	www.set-upinc.com	1/1/06	6/24/06	
Oly & ½ Iron	MedExpress Mountaineer	WEST VIRGINIA !	www.mountaineertri.com/index.php	~10/1/05	6/25/06	
Iron	Ironman Coer D'Alene	Core D'Alene, ID	www.ironmanidaho.com	6/25/05	6/25/06	
Sprint	Virginia Run Sprint Triathlon	Manassas, VA	www.finswheelsfeet.com/	1/1/06	6/25/06	
Oly	Philly Triathlon	Philadelphia, PA	www.lin-mark.com	~10/15/05	6/25/06	
Oly	Xterra East Championship	Richmond, VA	www.xterraplanet.com		6/18/06	YES
Oly	Diamond in the Rough	Perryville, MD	www.piranha-sports.com	~10/15/05	7/8/06	YES
Oly	New York City Tri	New York NY	www.nyctri.com	11/1/05	7/16/06	
Oly	EMS Off-Road Tri	Cumberland, MD	www.ex2adventures.com/	11/10/05	7/16/06	
Sprint & Oly	New Jersey State Triathlon	Princeton, NJ	www.lin-mark.com	~10/15/05	7/23/06	
Sprint	3Sports Triathlon	Richmond, VA	www.set-upinc.com	1/1/06	7/23/06	
Iron	Ironman USA	Lake Placid, NY	www.ironmanusa.com	7/22/05	7/23/06	YES
Sprint	Staten Island Tri	Staten Island, NY	www.lin-mark.com	~10/15/05	7/31/06	
Sprint	Culpeper Sprint	Culpeper, VA	www.set-upinc.com	1/1/06	8/6/06	
Oly	Wilkes-Barre Tri	Penn State Campus, PA	www.lin-mark.com	~10/15/05	8/6/06	
Oly (CLUB CHAMPIONSHIP RACE)	Pittsburgh Tri & Adv Race**	Pittsburgh	www.piranha-sports.com	~10/15/05	8/6/06 (Sunday)	YES
Sprint	Lums Pond Tri	Bear, DE	www.lin-mark.com	~10/15/05	8/13/06	

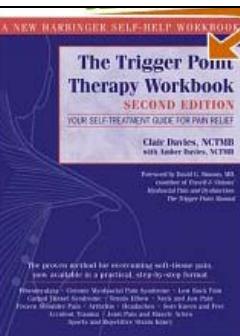
Race length	Name	Location	Web site	Registration Opens (approx.)	Date	TriCATs Tent?
Sprint	TIMBERMAN SPRINT	Gilford, NH	www.lin-mark.com	~10/15/05	08/19/06	
½ Iron	TIMBERMAN Half Iron	Gilford, NH	www.lin-mark.com	~10/15/05	8/20/06	
Sprint	Charlottesville Off-Road	Charlottesville, VA	www.cvilletriathlete.com		8/26/06	
Iron	Ironman Canada	Penticton, BC	www.ironman.ca	8/29/05	8/27/06	
Oly	Odyssey Off-Road Iron	Milboro, VA	www.oarevents.com	~10/1/05	9/9/06	
Iron	Odyssey Off-Road Iron	Milboro, VA	www.oarevents.com	~10/1/05	9/9/06	
			www.set-upinc.com	1/1/06	9/9/06	
½ Iron	Duke Liver Center Half	Raleigh, NC	www.set-upinc.com	~10/1/05	9/10/06	
½ Iron	Diamondman Half	Lums Pond State Park, DE	www.lin-mark.com	~10/15/05	9/10/06	
					TBA	
Oly	Reston	Reston, VA	www.restontriathlon.org	02/15/06	~9/10/06	YES
Sprint	Skylands Tri	Clinton, NJ	www.lin-mark.com	~10/15/05	9/17/06	
Sprint	Dewey Beach Tri	Deleware	www.deweybeachtriathlon.com/		9/16/06	YES
½ Iron	Odyssey ½ Iron	Lake Ana, Spotsylvania, VA	www.oarevents.com	~10/1/05	9/16/06	
Oly	Outback Big Lick	Huddleston, VA	www.set-upinc.com	1/1/06	9/23/06	YES
Oly	Make-a-Wish	Bethany Beach, DE	www.tricolumbia.org	~12/1/05	9/23/06	
Oly (former SPUD)	General Smallwood Triathlon	Indianhead, Maryland	www.set-upinc.com	1/1/06	9/30/06	
Iron	Chesapeake Man	Cambridge, MD	www.tricolumbia.org	~10/1/05	9/30/06	
Iron	Blue Devil	Raleigh, NC	www.set-upinc.com	1/1/06	cancelled	
Sprint	Cape Henlopen	Cape Henlopen State Park, DE	www.piranha-sports.com	~10/1/05	10/8/06	
Sprint	Sherando Lake Sprint	Waynesboro, VA	www.set-upinc.com	1/1/06	10/14/06	
Iron	Great Floridian	Clermont, FL	www.sommersports.com	~10/20/05	10/21/06	
Marathon	Marine Corps	DC	-	~Jan. 06 ?	10/29/206	YES
Iron	Ironman Florida	Panama City Beach, FL	www.ironmanflorida.com	11/6/05	11/4/06	

On the Web: Sites of Interest to TriCATs

http://www.shimano.com.au/publish/content/australia/en/cycling/customer_support/service_diagrams.html	Shimano's site with technical information on all of the Shimano components since 2003. Instructions on how to install and service. Highly recommended if you are trying to repair your own bike gear.
www.3athlete.com	Continually updated news on triathlons
http://mountainbike.about.com/od/buyersguideandreviews/	Information to help you decide on what bike and components to buy.
http://www.velonews.com/news/fea/9615.0.html	Cyclists: read this interesting article on the legal implications of getting 'doored' (knocked off your bike by an idiot opening the car door). The statistics on the numbers killed and injured this way are sobering.
http://vnews.ironmanlive.com/vnews/topstories/1142438213	Dietary supplements. Do you need them?
www.trifuel.com	Triathlon training and gear reviews.
www.swimmersguide.com	Want to find a pool anywhere in the world? Check out this site. I never knew the China World Hotel pool in Beijing was 22 m long.

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

Gadgets and Gifts

	<p>What: Sunglasses</p> <p>Title: Prescription Sunglasses</p> <p>Cost: Varies from www.bicyclerx.com</p> <p>Why: A range of different options for prescription sunglasses.</p>
	<p>What: Anti-chafing Gel</p> <p>Title: Soothing Care Chafing Relief Powder-Gel</p> <p>Cost: \$7.50 from www.soothingcare.com</p> <p>Why: Better than Vaseline. Lightweight formula creates a breathable barrier between skin and clothing, leaving no slimy residue behind. Dries to a powder-like feel.</p>
	<p>What: Self-help for pain control</p> <p>Title: The Trigger Point Therapy Workbook</p> <p>Cost: \$13 from www.amazon.com</p> <p>Why: Book introduces trigger point therapy to the general public as a self-care tool for alleviating chronic pain caused by a variety of conditions, including arthritis, back pain, carpal tunnel syndrome, fibromyalgia, headache, muscle ache, and repetitive strain injuries.</p>

	<p>What: Training Route Monitoring Title: Motionbased Cost: Free/Paid versions from www.motionbased.com</p> <p>Why: You can upload your GPS data and create maps, cross-reference speed, pace, distance, elevation numbers, etc. It is even possible to upload data (or a course) to GoogleEarth to view in 3D.</p>
	<p>What: GPS-based Monitor Title: Navman Sport Tool Cost: \$75 and Upwards</p> <p>Why: If your HRM isn't fitted with GPS technology check out the Sport-Tool at www.sport-tool.com. Optimized for different activities these give a range of outputs from speed to pace and warnings when outside of target zones.</p>
	<p>What: GPS based HRM Title: Garmin Forerunner 305 Cost: \$349</p> <p>Why: Records GPS-Derived data from bike speed/run pace to elevation. Comes with software for post-analysis of performance. My running friends strongly recommend it.</p>
	<p>What: Strapless Heart Rate Monitor Title: Highgear Pulsewear Workout Watch Cost: \$90 from www.herringtoncatalog.com</p> <p>Why: If you can't wear a chest strap (or they don't work well) try these. Apparently you just touch two fingertips to the sensors on the watch face.</p>
	<p>What: Convert Your Bike to a Traveling Bike Title: S and S Bicycle Torque Coupling Cost: About \$400 from www.sandsmachine.com</p> <p>Why: Ever wanted to fit your bike into a 26" x 26" case which can be checked as regular luggage then reassembled after touchdown? If so, then this is for you. It is built into your frame either for new bikes and on some bikes retrofitted. Not for the faint of heart...</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 for all regularly stocked items; 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. Circle Towers Office Building 9401 Lee Highway, Suite 102 Fairfax, VA 22042 (703) 309-7624	10% off the hour massage price <i>Activating stabilized movement patterns through therapeutic exercise and massage</i>
Transitions Therapeutic Massage & Bodywork Circle Towers Office Building 9401 Lee Highway, Suite 102 Fairfax, VA 22042 (703) 385-4785 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>
Linda Nesbitt Sports Massage 5555 Columbia Pike, #207 Arlington VA 22204 (703) 201-5194 linda13@mindspring.com	<i>A triathlete who understands the sportsman's body.</i> \$70 for a one hour massage

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