



CAT TALES

Fall 2006

www.tricats.org

Volume III, Issue 3

As a vegetarian who travels for a living (or at least it seems that way) I found the article entitled: "[Restaurant shockers—you think you ordered healthy?](http://www.active.com/story.cfm?story_id=13134)" (http://www.active.com/story.cfm?story_id=13134) very disconcerting. I always assumed that ordering foods grilled meant that they were cooked on an open flame. However, it seems that many times it's a flat-top grill, where some type of grease or oil is necessary to create an even cooking surface, increase the cooking speed and prevent the food from sticking.

While many of the observations in the article don't usually apply to me—I work in China where so rice forms a large part of my diet—I'm sure that all of us have unwittingly been fooled into eating things that we shouldn't.

Fuelling our bodies for training and racing is a challenge for many of us, especially those doing 70.3 and longer races. With training schedules of up to 20 hours per week, we can easily fall into the trap of not having the right nutrition to meet our needs. For those of us who are vegetarians protein intake is something we have to watch very carefully.

Kim Mueller has contributed an article on race day nutrition from her web site that may be helpful to many of us. I for one am constantly trying to improve on this, especially after 'Mountains of Misery' where I did the last 35 miles with my system telling me it was not able to ingest anything else.

One problem could be a lack of variety. In a recent issue of the RoadBikeRider newsletter the mention the issue of 'Food Fatigue' which happens when we stick to the same type of food. After a while, taste buds don't like it and the digestive system can't handle it. One possible solution is to cycle through a different nutrition product each hour. For example, over a six-hour ride: hr 1: 1 bottle of sports drink; hr 2: 1 energy bar and 1 bottle of water (Al Delaney won't like this!); hr 3: 1 energy gel each 30 minutes and 1 bottle of water; hr 4: 1 bottle sports drink; hr 5: 1/2 energy bar and 1/2 bottle of water (10 oz.) plus 1/2 bottle of sports drink (10 oz.); hr 6: 1 energy gel each 30 minutes and 1 bottle of water (20 oz.). Worth considering if you suffer from food fatigue.

If you have come up with a good fuelling plan please share it with us for future issues of Cat Tales.



TriCats Picnic at Dr. Art's – Courtesy of Dan Hicok

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Capital Area Triathlon Club

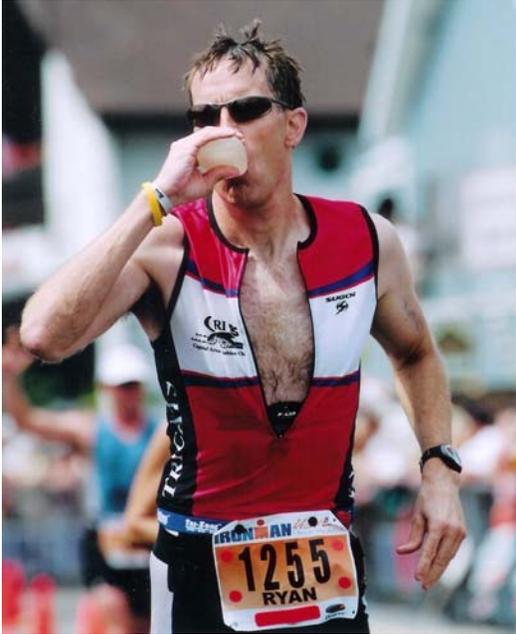
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Mark Your Calendars: TriCats Club Nights start again in September! See you at the Rhodeside Grill, Clarendon September 19th.
ALSO: PF Kids Duathlon October 14



President's Corner

Chas Ryan
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Hey TriCATs, I wish I could pass on some all-knowing words of wisdom for you but I am struggling with writer's block or maybe that I just don't possess the wisdom in the first place. So, let me ramble for a few paragraphs and talk about what have been some multi-sport highlights for the Club and me this summer.

For some reason this summer has flown by compared to 2005 and I have not raced as often. It seems that whenever we were trying to plan something for the club there was a race or tri-related activity always popping-up. This year we had a few more TriCATs venture in to the world of off-road triathlon and make the trip to Richmond for XTERRA where TriCATs sponsors Dr. Kathy and Eric Sorensen were back on the podium. It also brought some hard-core road TriCATs like Jenn Brown and Lance Manning to a different environment for some dirt and suffering.

The Club had great performances by some super athletes like Margie Shapiro's win at Columbia, Kyle Yost's great time at IM LP, Michael Flanagan's sizzling 30th overall at Eagleman, and Julie Oplinger's 2nd in her AG and the Delaneys winning their AGs respectively at Montclair. We also witnessed members improve significantly like Vergil Arbuckle completing his first half-IM at Eagleman and sealing his Kona slot to join Gail Lohman who earned hers in the same race. Bob Jennings has dropped huge chunks of time off of his swim and completed his first Half IM at White Lake.

This summer had the return of the TriCATs mini-tris with Eric Sorensen and Bevin Keen setting new men's and women's course records. We are in debt to Pete Warner who took the lead as the race director and co-ordinated the mini-tris and volunteers. Our Club Sponsor Principle Fitness embarked on a new venture with the first PFKids triathlon to a huge success and starting something the sport really needs. A special thanks to Dan Hicok for his great photos from the races and TriCATs events.

The race season is flying by with the noticeable absence of TriCAT Kevin Takeguchi at many races and events as he continues to battle with the after effects of a complicated neurosurgery. We wish him well in his recovery and look forward to his return to as one of our hard-line Master's coaches.

Okay Gang, that's it for now. Our member meetings start again in September so see you there!

TriCat Photos
<p>A special thanks to Dan Hicok for the TriCat action photos from DITR and the kids triathlons. Check out his site at www.danhicok.com, and look for an interview in an upcoming newsletter.</p>

Making Triathlon Intoxicatingly Delightful?

Kenton Pattie
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If your spouse or partner goes willingly to all your triathlons, please don't read this column.

But, the spouse of partner of most amateur athletes doesn't compete in your sport and often finds good reasons not to be at your events. Any wonder? A half ironman triathlon which takes six or more hours for many athletes, but consumes an entire day is no garden of roses for any spectator. An ironman-length event goes through breakfast, lunch, tea and dinner for most, enough hours to test the bonds between any loving companion



Welcome To Our New TriCat Members		
Alicia Sutherland	Geoff Beaty	Tim Friend
Anthony So	Laura Anderson	Tracy Costigan
Damian Walsh	Leonardo Vieira	William Hicks
Doug Landau	Lorraine Krawczyk	Anne Gabriel
Erin Strout	Suzanne Edgar	John Wyras
Priscilla Chaale Sandoli		

and their favorite athlete. In the spring or fall, it may be cold and windy and in the summer blazing hot and humid—not really what most of us plan for our hard-earned leisure hours.

This serious split between his needs and her needs on race day may even discourage the family athlete from entering a race. Or, after entering to withdraw due to "family obligations."



Some have approached this by asking their partner or spouse to be a "volunteer" at an upcoming event. For a triathlon this could mean body marking, directing traffic or handing out bottles at a water station. If it's a 50-mile or 100-mile trail run, or a century bicycle event, the family or partner can

hand food to their lover/athlete. But in triathlon, athletes are expected to be entirely self-sufficient and can get disqualified for accepting race support from a family member. So, it is hard to sell the line: "Sweetheart, will you volunteer this Sunday?" They might go all day without seeing you, and without any creature comforts, manning the mile-48 water bottle handoff for total strangers.

You want them to come with you. But, your "volunteer!" approach is probably going to bomb. And your "come watch me race" might work once but never again! I remember a woman sitting on the ground with a muddy overcoat after a grim-weather Marine Corps Marathon; her hair was a mess and she was crying. When I asked if I could help, she just kept crying while telling me that she had been at the race through the rain all day and never saw her husband run by. I'm quite certain that was her last MCM!

The answer to this problem:

(1) Register for races only if they are in nice destinations where there are interesting things your spouse or partner can get pleasure from. Places where the weather is going to be nice and

the scenery intoxicatingly delightful. Triathlete Magazine and Inside Triathlon provide information about all the awesome destinations which offer triathlons of various lengths . . . such as Lake Placid NY, Coeur d'Alene ID, San Diego CA, Austria or New Zealand.

If you have the choice between the St. Croix, Virgin Islands half ironman and one in Detroit, don't even think about racing in Detroit. In St. Croix there are beaches, there is snorkeling, there is sailing, there is horse back riding—there is a vacation. Add a week to the trip so there is time for romance and sun, shopping and boating. Fortunately, there are triathlons in some of the nicest places in the world, places you will be proud to take someone . . . somewhere they really want to go.

(2) Plan on making the trip all about the other person, not about you and your race: romance and excitement are premiere while your race is a very minor incidental to the trip. As soon as your racing needs dominate every detail of the trip, your spouse will see through the whole thing: "This is not about us, but just about you and your race, right?"

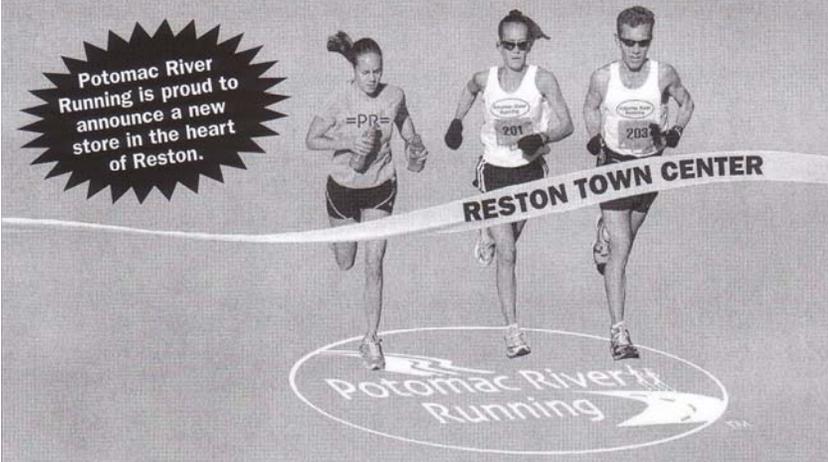
Go on the Internet and check out the area you are going to. Book some activities—theatre, water skiing, sailing, spa treatment, dinner—in advance so the spouse or partner knows there is a definite plan for their enjoyment.

For a triathlon, stay in a bed and breakfast instead of a motel or hotel. This will help underscore your commitment to romance and fun. Spend most of your time together talking about your relationship, your mutual goals, and the fun you've had over the years; but don't spend time talking about your race. It will speak for itself—a lot of times when you two are separated while you are acting out your triathlon fantasy.

When the race is over you are back to being responsible for romance . . . and just because you beat your body up in an Ironman race is absolutely no excuse why you can't perform. If you are such an awesome Triathlete, after months of conditioning your body, you should be totally fantastic in bed and your partner has every right to expect the best. Take two Advil if your hamstring is hurting; then jump enthusiastically into bed. How well you do next may decide who comes with you to your next triathlon.

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Conclusion: Book a vacation and throw in a little triathlon on the side. Make the focus of your trip your loving partnership and not your love of triathlon.

Kenton Pattie will serve on Team USA, named by USA Triathlon, to the International Triathlon Union Long Distance World Championship in Canberra, Australia. He has previously competed in ITU events for the USA in Sweden and Denmark. In 06 he was age group first at the Lake Anna, VA Half Ironman and age group second at the St. Croix Half Ironman, both 70.3 mile events.

Spring Training PLUS in Buongiorno Sicily

Mary DeLaney
 marytdelaney@cox.net

How about this for your spring bike training? 949 kilometers (569 miles), for 57 hours over 11 days and climb a total of 50,000 feet? Sound

fun to you? Well, maybe not in Virginia, but in Sicily....che fantastico!

We left Virginia April 18 for Naples, Italy. There, we rented a car and toured, by foot and auto, the Amalfi Coast, heading south to Reggio Calabria, where we would ditch our car and catch the ferry to Sicily. From the town of Messina in Sicily, we hopped a train which took us south along the eastern coastline of this beautiful island to meet up with the Abcycle Tours group near Catania.



Angelo Bandini and his beautiful wife, Annamaria, both natives Italians, own Abcycle. I wanted to ride with an Italian group, as I have been taking Italian for 3 years and wanted to have a chance to speak it. Of course, they both speak English, but I definitely got to use my Italian! (Al's comment – After two weeks, it was difficult to get English out of her even in our room!) It is a small company, but in 2006 they will do 7 tours in Italy, on both Sicily and the mainland. They also specialize in custom tours. The week after we left, 28 cyclists were to arrive from South Africa to "do the Giro d' Italia" and follow the race.

would have scouted ahead each day, while we rode, and order huge platters of whatever was fresh in the area, usually fish or seafood, always a pasta or two, vegetables and dolci (sweets). We drank a lot of local wines, which were fabulous and cheap. One benefit of a riding vacation at this pace.....eat and drink as you like, you can't gain weight!

The first day of riding was a "shake-down" ride, just to get our legs under us, check out the bikes and blow the last of the jet-lag out of our pipes! After 2.5 hours into the foothills of Mt Etna, we were feeling great! We stopped for an afternoon espresso at a small café along the way

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Two riders cancelled their trip just prior to us arriving, so there were only 4 guests in our group, which was great fun! The other two cyclists were from Denver, and their names were both Alan. OK...now we have Al DeLaney and two other Alans, Annamaria, Angelo and Mary. Annamaria promptly renamed all the "Als".

Each day we had breakfast together and discussed the day's ride in detail. Breakfasts and dinners were included in the price. We ate at small local, family-style ristoranti. Annamaria

and watched the end of the Liege-Bastion-Liege race on local TV. The Italians are rabid cycling fans, so that was really fun and loud with a crowd of about 13!

The other guests brought their bikes, but we rented ours from Abcycle for 150€ a week per bike. The bikes were nice and in good condition. We had Campy Chorus w/54/36 on the front and 12/26 on the back. We brought our own saddles, helmets, and pedals. As the days wore on and we climbed more and more, we yearned for the triple chain rings we had in the mountains of Spain. But, we did all the climbs

and there were a bunch of them.... Maybe more than in Spain last year!!

TriCats Discussion Group

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

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

Each day after breakfast, we would suit up (it was cool in the mornings in the mountains), clip in and hit the road, either doing a circuit back to the same place that night, or on to the next location, by way of wonderful little villages, ancient churches, and pave (cobble) that were hundreds or thousands of years old. Annamaria drove the sag-wagon with extra water, snacks, and our backpacks with extra clothes and suitcases, if we were moving. She would be parked at key corners, so that no one missed a turn. In between she would sprint ahead to scout places to eat and the local market foods. We all had our cue sheets with the maps and the elevations, but she was always there at the critical corners. We would meet up for our mid-morning espresso and dolce (sweets), then meet again for lunch. Annamaria would always drive on ahead and find a café and have our table secured when we pulled up. Often she would have discovered what was the freshest item to order, as well! On long days, we would meet for our afternoon espresso, to power us up for the invariable climb to the hotel.



We rode into the ancient city of Siracusa (Siracuse). Imagine riding your bike in New York City, during rush hour.... Got it? That was the traffic in this city! YIKES! We just stuck ourselves onto Angelo's wheel and rode. Realize that in Italy, traffic signs and signals are merely suggestions for both drivers and cyclists. That will keep your back teeth ground down! But we had 80K of climbing on the quiet roads of the Pantalica, the valley of the Anapo river, to unwind from the traffic. This area is the home of the most ancient Sicilian civilization. On most

all the rides we saw very little traffic, except for the occasional herd of goats or sheep.

Throughout the rides there were large regions of agricultural land covered in a beautiful purple clover-like flower on rolling hills, or the mountainous terrain of eastern Sicilia. Day 7 we rode to the coast and the gorgeous 2000-year-old seaside village of Cefalu. To get there we flew down a 50 K descent and rode along the sea to arrive at the cafe at lunchtime. The Tirreanean Sea was azure, the sand was pure white and it was picture-perfect! Had a delicious lunch and wouldn't just lazing around on the beach for the rest of the day have been terrific? But no! We clipped in and started pedaling back up into the forests of the Parco delle Madonie. This is a pristine nature preserve, with a huge slate gray rock formation that is called the Madonie. As we are climbing, it is getting cooler and foggier, although we are staying very warm, as this is a 50K climb. (AI—NO kidding about that climb!) (I am asking myself, "why would anyone in their right mind leave that perfect setting at Cefalu for this rather grueling climb back into the cool, foggy forest and mountains?" I had an answer, but it cannot be printed.) The scenery was spectacular. Annamaria came by with extra water after 35K of continuous uphill climbing. She had some mozzarella, tomato, basil baguette sandwiches for us! Yea! We devoured them! Finally, we summited at Piano Battaglia (elevation 1800 meters), took a few



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photos and put on our jackets, arm warmers, leg warmers, and outer gloves and dove down a steep incline and promptly into a blinding fog bank for the 18K descent to our hotel in Petralia.

All of a sudden there was no visibility! AI was 10 feet ahead of me in a bright yellow vest and I could not see him. Now we had to make a very steep winding descent, it's moving toward vino time and we don't know the road or the condition of the road. We started slowly, thinking we would ride out of it.... But it just got

thicker. The Sicilian warning signs—"Caso di Nebbia 50Km" (translate: in case of fog, drive 50k/hr.) As always, only a suggestion and treated by the local drivers as advice to go at least 30 mph in a blinding fog! We had stopped to let my hands rest as I was riding the brakes pretty steadily by now. Out of the fog, comes a vision of green...the sag-wagon! Annamaria didn't even see us, but we whistled her down and she turned around to pick us up. We agreed to put our macho aside and accepted the ride down. Thank goodness! Dinner that night was excellent and much appreciated, given that the average grade on the climbs today was about 7%, varying from 6-10%. The next day we followed that up with a routine 140K through the foothills of Mt Etna, either traveling through time in the villages or National Geographic through the countryside.

One of the more interesting days was our trip back to the coast which was mostly down hill.....Except for the incident of the small 10K, 500M climb at grades approaching 15-17% up to Castel Mola at the summit for a late lunch. Al DeLaney "found his form" (as Phil Liggett would say) because he scored a break-away reminiscent of the Giro d'Italia with Alberto (Al #1 from Denver) and Angelo Bandini, our guide, chasing him up the rock! Go Al!



The final day of riding we headed back to the east and Mt Etna! From the coast road, the climb up the volcano is 30K, but total kilometers this day was about 85K. We took the "Etna Sud" route up the mountain, out of Zefferana. We have climbed out of this beautiful little city 3 times now and those 15-20% grades just have not flattened out a bit! We had some fog, but nothing like in the Parco. On and on we went, switch-back after switch-back, tour buses chugging by us with tourists staring wide-eyed at us with their mouths hanging open, as if to say, "what in the world are you doing?" By this time, we were pumped and we were rolling! Stopped a couple of times for photo-ops, but otherwise we just pedaled on up the volcano, continually marveling that we were actually climbing a volcano! At the top, we devoured our

lunch and toasted each other with a celebratory libation!

Now, for the descent... 20K of steep hairpin turns and blazing speed...right, I opted for the van. Angelo and the 3 Als took off and we never saw them again, until we met at the cafe at the bottom of the climb. Rumor has it that speeds of 60 mph were seen.... I don't even want to hear about that, much less see it! We all biked back in town together along the coast road. We stayed that last night in a beautiful little hotel, our balcony overlooking the Ionian Sea. This was the most challenging riding we have ever done, but you know, "it hurt so GOOD," that I would absolutely do it again.

Abcycle does not pretend to be a wine and cheese tour. It is hard riding, but it is a fabulous way to see the country and interact with the Italians. Because Angelo and Annamaria are natives, they have a great deal of insight and information about the areas that you would not get any other way. The food is incredible; as is the wine (did I mention that?). The lodging was very comfortable. Not fancy and you don't dress up for dinner. We would ride with Abcycle again, and in fact, the other two guests have done several tours with them and were planning to do more yet this year. Much of their business is return clients.

Abcycle also runs tours in the regions of Puglia, Abruzzo and Sardinia. Check out their website: www.abcycle.org.



Race Report Mountains of Misery 2006

Misery: a noun meaning: "a state of ill-being due to affliction" and, "a feeling of intense unhappiness"

Few races are as well named as the 'Mountains of Misery.' As the web site describes the ride:

"A challenging Century and a quad searing Double Metric (200 kilometers/ 125 miles). The Challenge Century (100 miles) has nearly 10,000 feet of climbing. The double metric over 13,000 feet. Don't worry, or maybe, worry—both routes still end with the climb up to beautiful Mountain Lake, a five-kilometer category 1 climb, reaching road pitches up to 11.9%!"

TriCats Kenton Pattie and Chris Bennett did the ride and here is their report:

TriCats Newsletter: What possessed you to go on such a ride?

Chris Bennett: I blame Kenton. He wrote an article for the TriCats newsletter on how spring road races are great training for the triathlon season and, with a name like MOM, it sounded like a unique challenge. My wife, who proof reads the newsletter, immediately asked me 'so have you registered?' and I had to admit that as soon as Kenton sent the article in I joined (#26) so I guess it isn't entirely his fault. However, I think the bigger question is why Kenton has done this more than once ... I'll not do it again!

Kenton Pattie: For several years I had been riding the 78 mile Wilderness Road Ride on the Saturday before Mountains of Misery, staying in a bed and breakfast with riders who were there for MOM and listened to their stories. I knew I could complete Wilderness in five hours, so how hard could it be to complete another 22 miles on Sunday with a little more climbing? So, in 2004, after the Wilderness 78, I rode MOM on Sunday

and discovered it took me three more hours to ride the extra 22 miles! I just had to do it again. As far as Chris, he is a climbing animal.

TN: Did you do the century or the double metric century?

KP: The 78-mile Wilderness ride on Saturday and the century on Sunday.

CB: The double metric. I figured I had all day to ride and the century didn't look like it had enough misery.

TN: What was the day like?

CB: It was a great day to be outdoors, but not for a ride like this. It hit 89 degrees with lots of sun so people who didn't have a proper hydration plan or electrolytes really suffered.

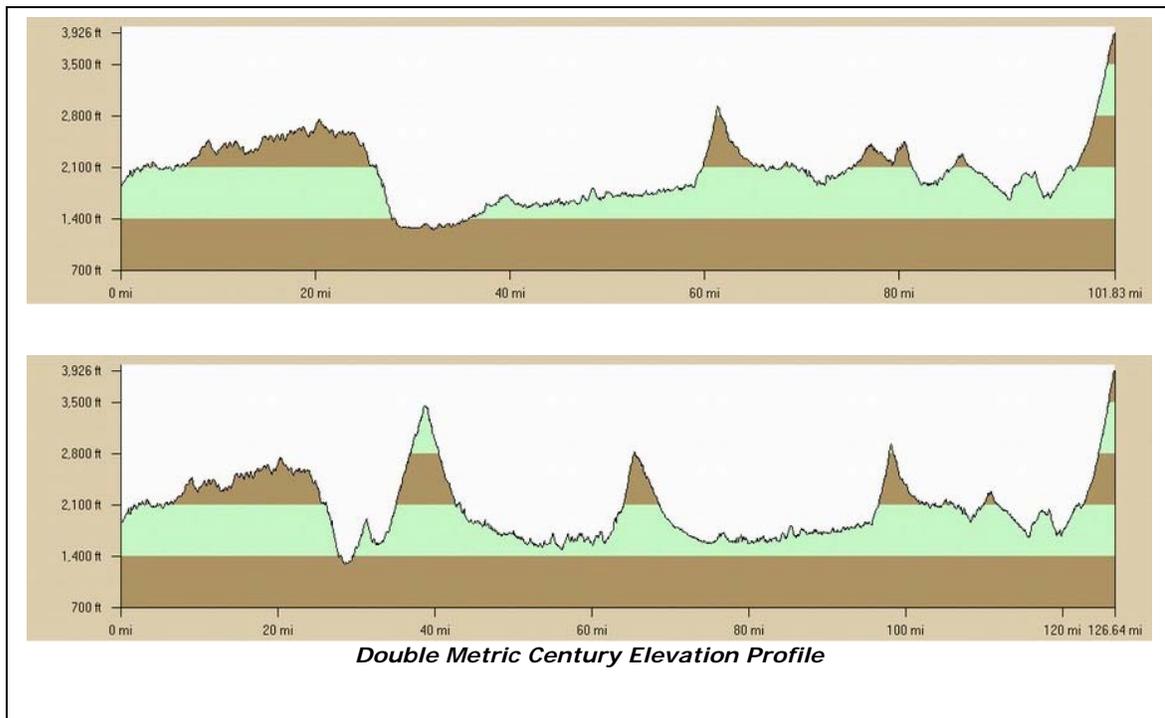
TN: What was your nutrition plan?

KP: I carried Carbo Pro powder and added it to my water bottle at the water stops. I skipped half of the water stops and at the others I added peanut butter and fig newtons. This worked last year and again this year. Two or three electrolytes per hour.

TN: How did you prepare for the race?

CB: I fitted a triple chainring to my bike and the largest cassette the wheel could take. The triple was the best \$29 I ever spent on Ebay.

KP: I rode the Assault on Mitchell/Marion event the weekend before . . . another huge climbing day that gives you the confidence you can climb



any mountain! Before that I rode a week down the East Coast of Florida and completed a couple of Half Ironman races (70.3) including St. Croix, which offers steep hills.

TN: Describe the ride.

CB: Firstly, you spend a lot of time with your head down staring at the ground as you grind your way up the climbs. Especially the last hill. It seems to never end.

I would break the ride into several segments. At the start there was about 75 of us doing the double metric. We set off at a fast pace as a large group, with speeds on the order of 25 mph. It was fun to be in such a large crowd but after 10 miles or so I turned to the guy next to me and said "why are we doing this with over 115 miles and those climbs to do?". He agreed that it was madness so a bunch of us dropped back to a more sensible 18-mph speed.

They had rest stops every 10 miles or so which were well equipped by volunteers with drinks and food. I stopped about every third one to top up my bottles. In between, you just rode. Often alone, but sometimes in small groups of riders who were travelling at your pace. Usually these broke up as some stopped at rest stops for refueling.



The scenery was lovely with the hills and the nature, and since the roads were lightly trafficked it was possible to appreciate the surroundings. I just rode my bike and made sure to drink a lot as well as take electrolytes and my 'Strong Legs' calcium supplements. The electrolytes and supplements played

a big part in my finishing the ride.

KP: This area is mountain Virginia at its most beautiful. The road surfaces were better this year. Every climb except the last one rewards you with a thrilling downhill. The interminably longest climbs had the best Tour de France style descents.

TN: How did you do?

CB: It is supposed to be a ride, not a race (ha!) but 26 of us finished the double metric and I came in 60th with a riding time of 8:41. I took 1 h of rest/fuelling stops over the day. About 20%

of the riders apparently dropped out during the ride so just finishing are an achievement.



KP: Using what I learned in 2005, I improved my MOM time by 22 minutes. The final climb was still painful; all day you know it is coming. You will ride by many that stop or who are walking.

But, after climbing hills all day, have the confidence, stay in your saddle and don't let the 3.5-mph climbing pace get too discouraging. This is the only century course that will take you 10 hours; yet there were 61 riders who finished after me with the slowest finishing in 12 hours. Many didn't finish.

TN: What advice would you give to TriCats thinking of doing the race?

KP: Switch to the Shimano mountain XTR so you can do it with two chain rings. Take it easy all day because they saved the worst climbing for last.

CB: Make sure you have a triple chain ring and a capacity for suffering!

Every time I see an adult on a bicycle, I no longer despair for the human race.

H.G. Wells

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For those looking to have a change with their workout routines have a look at MP3 personal trainers. This is a relatively new field where companies offer standard or customized training programs that are downloaded to your MP3 player/iPod.

There is guidance for the beginner, inspiration for the unmotivated, or just a change of pace for



the experienced. With several companies offering different programs it is possible to find the right one for your specific needs.

Audio trainers offer many of the same benefits that live trainers do—tips on good form, coaching, encouragement—without the

expense or trouble it takes to meet a professional at a gym. On the downside, the music may not be to your taste and one needs to be discriminating when it comes to the relevance of the program to your specific requirements.

Most of the services offer a trial period which lets you sample their services for a time before committing to buying. Some are a flat fee while others have a monthly subscription. If anyone has tried these services please give us a review!



It you are involved in triathlon, you must protect your skin by regularly administering waterproof sunblock. Try to find a product that stays on when wet and offers at least SPF 30. This means that if you burn in 10 minutes, it will take 300 minutes before you burn. In the TriCATs SWAG two years ago we were given samples of Kinesys (www.kinesys.com) which is excellent.

As Triathlete Magazine noted: “as we spend hours making ourselves faster, fitter and healthier, let’s be sure to remember that our skin needs attention, too.”

GPS Training

As GPS equipment becomes more ubiquitous it is possible for the average duffer to collect a huge amount of data as they train. What to do with it? If you are particularly enthusiastic there are a number of web sites that will let you record your training—distance, elevation, pace, etc.—and generate reports that may help you improve.

www.motionbased.com works with Garmin devices. Among the best graphics of any of the offerings, it has a wide range of charts. You can even have a virtual race against other runs, or runners who have uploaded their GPS data. Cost: Free to \$12/month.



Slip! Slop! Slap!



The July 2006 edition of Triathlete Magazine had an article on the importance of wearing sunscreen. During Eagleman I looked around the transition area before the race to see who was worrying about it. A few people put it on prior to their wet suite, but while the gels and other essential performance items were laid out, few also had sunscreen.

Those from NZ and Australia are usually better about this. Perhaps because we have among the world’s highest skin cancer rates. For 20+ years the motto has been Slip! Slop! Slap! – slip on a shirt; slop on sunscreen; and slap on a hat.

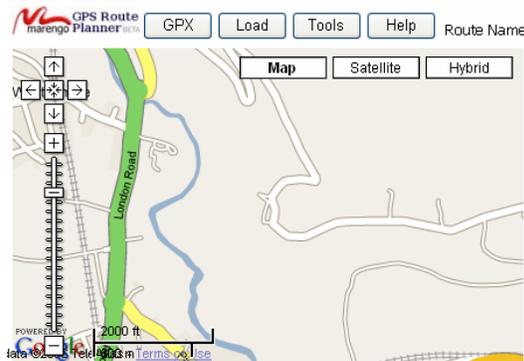


www.allsportgps.com works with GPS-enabled cell phones. It measures distance, time, speed and calories. And it creates route maps and speed and elevation profiles. All of your workouts are saved in a training log on the phone. You can view them later or show them off to your friends. And, the program gives you your weekly statistics. Cost: \$7-10/month.

www.bimactive.com also uses your GPS-enabled cell phone to record the data. It also works with Garmin and Timex GPS devices. Unfortunately, heart-rate data cannot be used. Cost: Free online account.

www.endlesspursuit.com supports Garmin and Magellan GPS units. It also synchs with Timex and Polar heart-rate monitors. Cost: \$17/month.

<http://www.marengo-ltd.com/map/> is a flexible system. You can import any GPX file (generated by most units) and paste into the system.



www.usatf.org/routes is one site that doesn't require a GPS unit. Using Google Earth/Maps you can plot routes online. The distance is displayed as you draw. You can save the route, and share it with others. www.favoriterun.com and www.gmap-pedometer.com offer similar services. All for free.



An Interview With Scott Weinhold

scott.weinhold@verizon.net

This interview was done by Jenn Brown

TN: When did you begin triathlon?

This season year will be my fourth year in triathlon.

TN: What about it was interesting to you?

What interested me most about triathlon was the idea that one needs to be skilled in multiple disciplines to be successful. Unlike single discipline sports, we need to plan transitions. We also have to pace ourselves to prepare for the next phase of the sport, in addition to planning our nutrition and hydration properly. Let's face it, it's also the perfect sport for someone who loves toys and gadgets!

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

SW: I took up running to lose weight in my late 20's. I had run a couple of marathons, but was not a very fast runner. Before that, I was pretty decent at darts and pool! Do they count?

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

SW: I would like to complete an Iron Man, which I am hoping to do this July at Lake Placid.

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

SW: What other sport do you begin by peeing on yourself? Just kidding, I've never peed in the water! But if I did ever pee in the water, portapotties would not be the least desirable part of the sport!



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

SW: I would love some new wheels!

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

SW: I haven't thought about next year yet, although I think that after Lake Placid I'd like to focus on some shorter distance races. I think that I'd like to do Columbia next year, and perhaps one of the other races that seems to be popular among the club. It would be fun to do a race where I know lots of people. My wife also says that I'd like to spend more time with my wife. I would also like that!

TN: Are you from the DC area?

SW: I have lived in Arlington for about 5 years now. Before that I lived in SC, IN, OH, NY, and NH. I also spent a couple of years living on buses and cruise ships.

TN: What do you do when you aren't training?

SW: When I'm not training I spend most of my time either teaching, writing, or performing music. Recently, I have been enjoying arranging music.

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

SW: The season has just started but I did do my first race in the rain. I realized that it's not the disaster I once thought it to be. My bike was a mess, but I still had a good race.

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

SW: I used to weigh 275 lbs, drink a lot, and smoke over a pack of cigarettes a day.

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

SW: I probably have too many! I don't have anything specific except that I typically show up to a race with enough stuff in my transition bag for three people to do the race, less the extra bikes. Although, since I bought a new tri-bike this year I may start showing up with both bikes!



You Know You Are A Triathlete When ...

- you have a lifetime supply of water bottles, safety pins, and t-shirts
- you have trouble keeping lunch under 2000 calories
- you usually wake up at 4:00 in the morning but don't get to work until way after 9:00
- you have a \$4000 bike strapped on top of your \$2000 car
- you're always wet sweat, pool, lake, sea water, shower, bath, or rain

- ❑ your car has at least one energy bar wrapper and water bottle on the floor
- ❑ your kids idea of playing is a race and awards ceremony
- ❑ you depart in morning with swim bag, bike, and running shoes in case you can get away at lunch for a workout
- ❑ you take triathlon junkets instead of vacations
- ❑ your kitchen cupboards are organized into "protein", "carbs" and "etc"
- ❑ you bring bottled water to a party so that you're properly hydrated for the next morning's long run.
- ❑ everyone else at the party also brought their own bottled water because you don't have a social life outside of triathlon. Oh yeah, and they all showed up by 7pm and left by 10pm.
- ❑ your 8 year old comes home with the school record for the mile and says, he took it out in a nice pace he could hold...everyone else died
- ❑ you mention a race and somebody responds "running or biking" and you are again forced to explain....
- ❑ you wear your bathing suit under your work clothes to make a fast transition from work to swim on your lunch hour
- ❑ you name your two new puppies Kona and Hawi
- ❑ your spouse wants dinner out and a movie, so you agree, but fall asleep during the previews and catch hell
- ❑ somebody hands you a cup of water and you have to restrain yourself from pouring it over your head
- ❑ cars pass you on the road when you're driving and you either drop back to get out of draft zone or speed up to attack!
- ❑ your bedtime reading on your nightstand consists of a pile of: DeSoto catalogs; InsideTri; Triathlete, VeloNews, USMA Swim, etc.
- ❑ when asked, how old you are you answer 35-39
- ❑ your training is more limited by available time then how far you can run
- ❑ nobody believes you when you say 'Never again'
- ❑ you need a picture for a job application and you only have race pictures
- ❑ you use running T-shirts to clean your bike
- ❑ you think there are only two seasons during the year, racing and off



- ❑ you clean your bike more often than your car
- ❑ when asked to mow the lawn in 90 degree heat, you say that its too hot to do that (and you mean it) and then an hour later you go on a century ride because its so nice out
- ❑ you tell your co-workers that you are going to "do a long brick" on Saturday and just expect that they know what you are talking about
- ❑ you are convinced that if you rest more than one day, your muscles will atrophy, your ultra-fit body will turn into a pile of goo and everyone in your age group will beat you
- ❑ your area needs rain real bad but you're mad when it does cause it screws up your run and bike schedule... actually, you might be mad, but you still go out for your ride or your run in the rain...
- ❑ you haven't bought work clothes in two years, yet you own bike shorts made by every manufacturer under the sun and can recite the merits of CoolMax, Supplex, etc. in your sleep!
- ❑ your car has at least one Power Bar wrapper and two sets of work out clothes!
- ❑ you wave at other cyclists, because all triathletes are friendly and if they are not, they are probably purist cyclists trying to get into triathlons and they do not know that triathletes are friendly.
- ❑ you can't decide what tee shirt to where to your next race.
- ❑ you no longer take vacations but weekend triathlon junkets.
- ❑ you're tempted to do your long rides in a speedo so that you don't have a stupid tan for your next race.
- ❑ your company announces mandatory unpaid shutdown days—every other Friday throughout the summer—in order to cut costs and stay in business, and your response is "Great—now I can do two long workouts on the weekends and still have an easy day."
- ❑ your co-workers catch you with a 'King Sized' meal deal from Burger King, and you can smile and tell them that you will have no problem working this off on the way home.
- ❑ you have no FRIGGIN idea what to do with yourself on your off day. Damn it, I mowed the lawn, cleaned the house, washed the car, and there's STILL 4 hours of daylight left! Aarrgghh!



- ❑ you come into the office every morning and check RST before you check your email.
- ❑ you feel like you took the day off because all you did was swim 3000 yards.

Tri Tips

by Max Heartrate

Everyone breathes, right? But does everyone breathe right? Are you making full use of your lungs? If not, then you are not getting as much oxygen into their blood as possible. And more oxygen is good, right? That's one reason why we do aerobic workouts.

Try these two quick tests while sitting and reading this newsletter (sit up straight):

(1) Inhale as much air as you can. How far does your belly expand? Your chest? Do your shoulders move up?

(2) For one breath while breathing normally exhale as much as you can, then take a nice big breath and return to normal breathing.

In test (1), if your belly does not expand at least as much as your chest, or if you try to contact your belly to force the chest to expand more, you are constricting the lower part of your lungs. Also, your chest can only expand a little bit compared to your belly. By



expanding your belly (i.e. belly breathing), you allow your diaphragm to drop and pull air into the lower part of your lungs. By the way, raising your shoulders just makes you look funny—don't do that! We already look funny enough to non-triathletes.

Practice belly breathing on every ride and every run until it becomes second nature (or at least until you can do it easily whenever you think about it). An aggressive aero position on the bike may restrict how deeply you can belly breathe before your thighs hit your belly. Likewise with using your core muscles to stabilize your body during the run. Your belly can't expand much if you are contracting your abs. But the key is to belly breathe as much as possible. A little is better than none.

In test (2) you found what it felt like to fully empty your lungs—well, as empty as possible. We don't want to send you to the ER with collapsed lungs.

Now it is not really possible, nor efficient, to fully exhale on every breath, especially while exercising. It just takes too long. But, every once in a while (maybe every 10 minutes), exhale once as deeply as you can given your exertion level, then inhale deeply (that part will be automatic, trust me). This replaces some of the "stale" air deep in your lungs with fresh air.

An additional benefit of taking one deep breath every once in a while: possibly avoiding side stitches. A deep exhale and inhale breaks your breathing pattern, if only for a moment. Some people suggest that a set breathing pattern while running (ex. always breathing in when your right foot strikes) can contribute to stitches by causing a spasm in the diaphragm.

Max Heartrate is the alter ego of Bob Shaver, a USAT Level 1 and USAC Level 2 certified coach. He can be reached at ShaverMultiSport@cox.net

Race Day Nutritional Bliss

Kim Mueller
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How many of you have been extremely disgruntled after a less-than-optimal race day performance? I think we have all been there before. While sub par performances are inevitable from time to time, it is really disheartening when you put many months of training in only to have your race day performance be compromised due to ignorance with nutrition. As a sports nutritionist and a fellow endurance athlete, I have come across pretty much every ugly nutritional scenario possible. Below, I provide some insight on how you can avoid these disasters and prepare your body for race day nutritional bliss.

STICK WITH FOOD NORMS IN THE DAYS LEADING UP TO YOUR RACE

Exploring the exotic foods of a new land (if you are racing abroad), ordering an intriguing (and new) meal, and significantly varying your typical nutrition routine in the days leading up to your race are big nutritional NO NO's!!! The last thing you want to find out is that you have an allergy or intolerance to a new food, which causes severe stomach distress including nausea, vomiting (and consequent dehydration), and perhaps a lovely spotting of hives as you mentally and physically prepare yourself for peak race day performance. So do yourself a

Table 1: Sample 500 Gram Carbo-Loading Protocol

Meal	Menu Item	Carbohydrates
Breakfast	Strawberry Banana Smoothie: Blend 1 cup orange juice with 1 cup low-fat vanilla yogurt, 1 frozen banana (cut into cubes), and 1 cup frozen strawberries (chopped), and 2 Tbsp protein powder.	105 grams
Snack	1 large (~4 ounces) whole grain bagel spread with 2 Tbsp Natural Peanut butter. Drink 2 cups 100% fruit punch with snack.	125 grams
Lunch	2 Bean & Rice Burritos served with 16 ounces water.	90 grams
Snack	2 cups mixed fruit. Serve snack with glass of water.	65 grams
Dinner	Pasta Dinner: 2 cups cooked pasta with marinara sauce, served with small salad topped with balsamic vinaigrette dressing and 2 slices Italian bread. Drink plenty of water with meal.	115 grams
TOTALS		500 grams

favor, save your food adventures for post-race and stick with the foods you have trained with in the days leading up to your big race.

PRACTICE THE MODERN VERSION OF CARBO-LOADING FOR LONGER RACES

Carbohydrate-loading protocols prior to an endurance event have previously been suggested during the 7 days prior to a competitive endurance event, specifically events lasting >2 hours. In the traditional carbo-loading technique, athletes went through a glycogen depletion phase, where they were asked to engage in one long training session one week out from their event followed by 3-4 days of minimal carbohydrate intake and continued exercise. In the final three days prior to the event, athletes “loaded” on carbohydrates and engaged in minimal training. Unfortunately, athletes following the dietary depletion phase were experiencing overwhelming fatigue coupled with illness, injury, and irritability secondary to low blood sugars making it a less than desirable approach to peak race day performance.

New research supports a more moderate approach to carbo-loading that eliminates the dietary depletion phase and merely involves a short bout of near maximal-intensity exercise followed by 24-72+ hours of a high carbohydrate intake as means to maximize muscle and liver glycogen stores without risk for injury and infection in the days leading up to the race.

Goforth et al¹ discovered that when exhaustive cycle exercise was performed followed by a high carbohydrate diet (~4-5 grams per pound of lean body weight each day), muscle glycogen returned to 103% of baseline within 24 hours, 138% within 3 days, and a peak of 147% from days 5-7.

Fairchild et al² discovered an 82% increase in baseline muscle glycogen stores in cyclists engaging in an short, exhaustive 3 minute burst (2.5 min at 130% peak oxygen uptake or let’s say 5k pace for runners followed by 30 seconds all out) followed by a 24-hour carbo-loading menu that included just under 5 grams of carbohydrate per pound of lean body weight.

Therefore, in order to supersaturate glycogen stores and potentially boost endurance performance by 2-3%, runners should aim at **consuming ~4-5 grams of carbohydrate per pound of lean body weight in the 1-5 days prior to race day.** Table 1 provides a sample 500-gram carbo-loading protocol appropriate for a 120-lb runner with 15% body fat.

AN ALL-YOU-CAN EAT BUFFET IS NOT YOUR PRE-RACE TICKET TO PEAK PERFORMANCE

While fueling your engine is essential prior to racing, especially longer races, overeating and eating the wrong foods can be a huge nutritional detriment to race day performance. Easily digested carbohydrates with a low-to-moderate glycemic load (bananas, low sugar cereals like Special K®, energy bars like Powerbar® or Clif bar®, sourdough toast, berries, low fat yogurt) should be the focus of your pre-race meal with a small amount of protein like that found in yogurt or a pat of peanut butter being beneficial for athletes gearing up for longer races like marathons.

Be sure to avoid consuming foods rich in fiber, fat, or protein prior to racing, as these nutrients slow down digestion, causing diversion of blood, oxygen, and water to the stomach to aid in breakdown of the meal ultimately leading to cramping, diarrhea, and nausea during the initial stages of your race.

As a general rule, aim at consuming 2 calories per pound of lean body weight for every hour prior to race start. For most female athletes, this equates out to be ~200-250 calories for every hour prior to starting a race. For most male athletes, this equates out to be ~250-300 calories for every hour prior to race start.

Nutrients to Limit	Sample Disaster Meal	A Better Choice
Fiber	Large bowl of bran flakes topped with raisins and whole milk.	A bowl of low fiber, low sugar cereal (e.g., Special K) topped with lower fiber fruits (berries, banana, melon) and nonfat milk.
Protein	Plateful of scrambled eggs and several slices of bacon.	1 hard-boiled egg served with 2 slices sourdough toast.
Fat	Leftover pepperoni pizza	Leftover spaghetti with marinara sauce.

For example, a 150 pound runner with 15% body fat could consume an energy bar (~250 calories) one hour prior to a 10k race or a 3-ounce bagel spread lightly with peanut butter and 1 sliced banana (~500 calories) two hours prior to a half marathon or a fruit smoothie prepared with 8 ounces orange juice, 1 cup nonfat yogurt, 1 frozen banana, ¼ cup berries, and 2 Tbsp. protein powder (~750 calories) three hours prior to a marathon.

STAY HYDRATED BUT DON'T OVER DRINK

While hydration is of paramount importance both as you carbo-load for your big-event as well as during the race, too much of a good thing can be potentially dangerous, even deadly, when water is the primary source of ingested fluids. In the days leading up to race start, aim at consuming ½ your body weight (pounds) in fluid ounces outside of the fluids you consume during training. Be sure to include a variety of fluids like juice, milk, and even soup to ensure you are also receiving essential electrolytes like sodium, potassium, magnesium and calcium.

Also, try to spread out your fluid intake in smaller increments rather than ingesting large amount of fluids in bolus doses; this will allow your cells to absorb the fluid rather than having half be emptied into your bladder. On race day morning, aim at sipping on 12-16 ounces of an electrolyte containing beverage for every hour prior to race start. For short races, water is an appropriate fluid replacement beverage. For the half marathon, marathon, and ultra marathon races, use of a full strength (not diluted) electrolyte containing sports drink beyond 90 minutes of racing is essential for optimal muscle hydration and prevention of a potentially deadly condition known as hyponatremia (aka "water intoxication").

To maintain fluid balance during your race, athletes should aim at consuming approximately

½-1 liter of fluid per hour or 4-6 ounces every 10-15 minutes of the race. Heavy sweaters should stay on the latter end of these recommendations.

FUEL YOUR ENGINE WITH PREMIUM CARBOHYDRATES DURING LONGER RACES BUT DON'T CAUSE YOUR TANK TO OVERFLOW

To replenish our diminishing supply of muscle glycogen, it is essential to refuel with carbohydrate after 90 minutes of racing. Failure to refuel will lead to complete depletion of glycogen stores, triggering a "mental bonk" marked by dizziness as well as an ugly "wall" marked by muscle cramping and fatigue and sub-par performances. However, fuelling too soon can bring the concentration of food in the stomach too high leading to cramps, sluggish energy levels, inadequate fluid absorption, nausea, vomiting, and poor performance. The most important nutrients during the initial stages of racing are water and electrolytes. Beyond 90 minutes of racing, aim at replacing 30-50% of your total calories expended, which, for most athletes, ranges from 200-300 calories per hour. For short races (<1 hour), high glycemic carbohydrates should be the focus of your calorie intake. When using simple sugars such as fructose, glucose, and galactose, keep your concentration of carbohydrates in a 6-8% range.

Mixing at a higher concentration can lead to gastrointestinal distress (e.g., diarrhea). If you desire to mix at a higher concentration, use a complex carbohydrate like maltodextrin instead, which can be mixed as high as a 15% concentration without causing stomach distress. For longer races



(>2 hours), a small amount of protein (~1 gram for every 4-7 grams of carbohydrate) seems to help spare muscle glycogen by as much as 25%, thereby making it an essential nutrient for peak endurance performance. Because dehydration is the most common performance inhibitor among endurance athletes, liquid calories (e.g., sports drinks) are the most efficient source of energy.

SOAK IN THE GLORY OF RACE DAY BUT BE SURE TO REPLENISH YOUR TANK WHEN YOU CROSS THAT COVETED FINISH LINE

It is important to enjoy your race day success upon crossing the finish line, but if you'd like to enhance your recovery, it is essential that you start thinking about calorie replacement as well. Many studies have proven the existence of a 30-minute muscle recovery window for protein and glycogen synthesis. In one such study, performed at Vanderbilt University, glycogen replenishment occurred 3.5 times faster when subjects were fed a carbohydrate-protein solution within 30 minutes versus 3 hours after a 60 minute moderate-intensity effort.³ Muscle protein synthesis also proceeded more than 3 times faster when replenishing within the 30-minute window.

Dr. John Ivy of the University of Texas at Austin attributes this desirable physiological response to our heightened sensitivity to insulin post-workout.⁴ Insulin, a hormone produced by the pancreas, helps deliver amino acids, proteins, and carbohydrate to our depleted muscle cells. When carbohydrate and protein are consumed together, there is a greater insulin response than when either nutrient is taken alone, ultimately aiding muscle glycogen replenishment and muscle protein synthesis.

To obtain the optimal nutritional formula for enhanced muscle recovery, high glycemic carbohydrates should be balanced with protein in a 4:1 ratio. Athletes stuck on the mentality that protein should be favored post workout should be aware that a recovery ratio favoring protein will actually reduce the rate of gastric emptying, slowing the transfer of nutrients to

the muscles, ultimately sabotaging the muscle recovery window.

To obtain the proper caloric volume for optimal muscle recovery, athletes should aim at consuming ½ gram of high glycemic carbohydrate and 1/8 gram of protein OR approximately 2 calories per pound of lean body weight within 30 minutes of high intensity or prolonged training bouts. For most athletes, this equates out to be 40-80 grams of carbohydrate and 10-20 grams of protein or approximately 200-400 calories. Samples of post-workout recovery foods include low-fat chocolate milk, meal replacement shakes like Boost® or Ensure®, recovery-based sports drink like Infnit Nutrition (www.infnitnutrition.com), peanut butter and banana sandwiches, mashed potatoes prepared with low-fat milk, and energy bars.



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Kim Mueller, MS, RD is a Registered Sports Dietician and competitive endurance athlete who regularly practices all these race day nutritional tips as she prepares for her endurance races. She provides nutritional counselling and customized meal planning to athletes all around the world. Visit her web site at: www.kbnutrition.com.

Race Schedule

Brian Kennedy
brian_j_k@yahoo.com

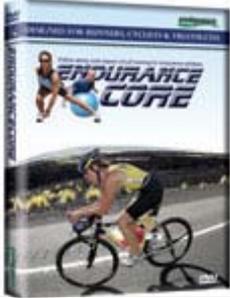
Race length	Name	Location	Web site	Registration Opens (approx.)	Date	TriCATs Tent?
Oly	Odyssey Off-Road Iron	Milboro, VA	www.oarevents.com	~10/1/05	9/9/06	
Iron	Odyssey Off-Road Iron	Milboro, VA	www.oarevents.com	~10/1/05	9/9/06	
			www.set-upinc.com	1/1/06	9/9/06	
½ Iron	Duke Liver Center Half	Raleigh, 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	
Oly	Reston	Reston, VA	www.restontriathlon.org	02/15/06	TBA ~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
Oly	Nation's Triathlon	Washington, DC	http://thenationstriathlon.com/index.cfm	8/15/06	9/16/06	
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

www.kbnutrition.com	Sports nutrition advice from a triathlete
http://www.dietdetective.com	Information on nutrition often aimed at athletes
http://www.digitalpodcast.com/search.php?keyword=triathlon&opt=0&x=8&y=6	Triathlon Podcasts!
www.workoutgenerator.com	Generate weightlifting and aerobic programs from over 80 weight lifting and 20 aerobic programs
www.cervelo.tv	Great video clips on Cervelo bikes and Team CSC

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

Gadgets and Gifts

	<p>What: Core Strength Training DVD</p> <p>Title: Endurance Core</p> <p>Cost: \$35 from www.endurancecore.com</p> <p>Why: 17 Complete workout sessions that allow for unlimited combinations of time efficient total body training.</p>
	<p>What: Fix Flat Tires and Inflate Without Changing the Tube!</p> <p>Title: Vittoria Pit Stop</p> <p>Cost: \$12 from various online shops</p> <p>Why: The claim is that when you puncture you just attach this to the tire. It injects a foam which seals the tire and also inflates. You can immediately ride the bike. Various reviews claim it works.</p>

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

TriCATs Sponsor Directory

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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 www.oldtownmassagecenter.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@transtionsmassage.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>
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