

The end of winter approaches. Less time on treadmills, stationary trainers, and more fresh air. Spring road races are approaching so things are looking up. Hopefully most of us had some rest during the off season so that we are ready to get back to our in-season training programs. It is useful to reflect on what motivates triathletes. One study found that personal goal achievement, competition and health orientations were the main motivators for competing. Less important were weight concerns, psychological coping and life meaning. Our three interviews show the divergent reasons we do triathlons, but in the end the common thread is our love of this great sport. Have a good season—and thanks to all the new contributors to the newsletter!



Spinning at Dr. Art's: L-R – Brandon, Sean, Dr. Art, Jen, Laura, Lori, Chas, Bob and Theresa (thanks to Julie Oplinger for the photo)

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Capital Area Triathlon Club

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Merrifield, VA 22116
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Mark Your Calendars:

- March 17:** Bonzai Sports Annual Road Show (see advertisement on page 11)
- March 20:** TriCATs membership meeting at Conte's Bike Shop, Balston
- April 1:** TriCATs Social brunch after Cherry Blossom run. 5227 11th Street N, Arlington. 10:30 onwards. chris@lpcb.org or 703-294-6240 for more details.
- April 17:** Membership meeting
- May 15:** Last membership meeting until autumn



Member
USAT

President's Corner

Jenn Brown
swimbikerunjenn@yahoo.com



I write this the day following our first Membership Meeting of 2007. Despite a last minute date change for the meeting, we had an exceptionally good turnout with a fantastic presentation by fellow TriCATs who raced World Championship events in 2006. Vergil Arbuckle discussed his unique experience and journey to Ironman in Kona, Sponsors Eric Sorensen (Principle Fitness) and Dr. Kathy Coutinho (Positively Chiropractic) talked about their exciting (and successful!) races at XTERRA Maui and Michael Flanagan shared good lessons learned from his race at the inaugural Ironman 70.3 World Championship in Clearwater, FL. It was great to see the support of so many members - both those brand new to the club as well as those who have been with us for a few years now.

TriCats Discussion Group

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

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

It is the goal of mine and the rest of the Board of Directors to discover the core of what drives our membership and to inject enthusiasm and energy into the club. We invite you to seek any of us out and let us know why you joined the club in the first place...why you continue to be a

part of TriCATs....and what you continue to hope to get out of being a member of our club. Our 2007 sponsorship program is geared towards YOU, the member, so we welcome feedback on what you look for in a sponsor as well as suggestions for future collaboration with community and business members.

In order for TriCATs to be a club that is driven by the voice of our members, it is important for our members to be involved in the planning and execution of our events as well as help to create opportunities for further TriCAT involvement. Please consider what you may have to offer to the club, whether it is ideas, resources or time, and get involved. There are various ways for members to help, so send us an email and we'll find the perfect niche for you. We are currently looking for folks to help with our website, group training activities, marketing and membership recruitment.

There is also an opportunity for us to continue to grow that camaraderie many people were looking for when they joined this club. It is actually quite often that I'll show up at a running or triathlon event and hear someone tell me, "You CATs are everywhere! I haven't been to [insert name of event] without seeing someone from your club!" This tells me two things: 1) Our members are involved, and proudly so, and 2) We need some way to spread the word to ALL members of this involvement in order to create even more opportunities for training/racing events. The more members we have posting their weekend activities, the more group training will be available and the more fun you'll have at these events.

This column could really be summed up in one word: OWNERSHIP. TriCATs does not belong to the BOD, its officers or the sponsors. It belongs to every member, and it is up to each of us to continue to make the club what WE want it to be. If we want TriCATs to be a great club, we have to make it that way. The BOD graciously and willingly accepts the stewardship of the club, but we can not do it alone. We are looking to the rest of you to help us make this club GREAT. And we all look forward to working with you.

Train hard, train safe....and go fast.

Jenn

Meet the TriCATs Board

Jenn Brown - President

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

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

Laura Anderson – Vice President

I got into Triathlons back in 2001 when the sport was new in Minnesota. At that point I had done years of running and was excited about the opportunity to try something new. Since then I have done many triathlons and branched out into different types of bike, swim & running races. My latest addition is Cyclocross racing this last fall. I am always open to the challenge of something new!

Since moving here last year, I spend my days divided between my part time job as a web developer, training for Ironman USA 2007, and coaching Girls of the Run & Team In Training as a Level I USAT coach. I am also finishing up plans for my wedding this May! In my free time I love hanging out with my fiancé and two adorable dogs.



Ole Villadsen - Secretary

I started triathlon in 2003 after having been a runner (on and off) for almost 20 years since joining my high school cross country and track teams. In 2002 I watched my girlfriend compete in her first triathlon and decided, once I learned how to swim efficiently (i.e. more than one lap) and buy a proper bike, that this sport would offer the challenge that I was looking for but which running no longer alone provided. Well, I also couldn't let her out do me, and within a year I was regularly training in all three sports.

I competed in my first race in 2004 and since then have competed almost entirely in international distance triathlons, which is my favorite distance, although I have also competed in several sprint distance and one half Iron Man triathlon. I live in Arlington County so look for me running on the W&OD trails or riding on one of the many bike lanes in the area.



Bob Jennings – Treasurer

Greetings. My name is Bob Jennings. I have been a member of Tri-Cats for almost three years which incidentally is when I started Triathlon. I have been an active member of Tri-Cats participating in membership meetings, group workouts, socials and clinics. I've built great friendships as a member of this club and have learned a lot about this sport from many of you.



This summer I was asked to fill the vacant treasurer position on the board. While my triathlon resume is limited, I have served in various positions in other non-profit organizations and I have a diverse budget, finance and program management background that I can bring to the club. I stand ready to serve you by exercising sound stewardship of our resources while working closely with you and my fellow board members to promote our shared interest in a sport that I find exciting, challenging and humbling.

Mary Pickering – Member at Large

By way of introduction, I don't want to relate how I got into triathlons, or what races I've completed. Instead, I want to focus on what training for triathlons has done for me. So here, in no particular order are the highlights of the last three years of my multisport life:



- ❑ Woohooing down a hill in the Adirondacks at 50 miles an hour; 10 glorious, sometimes painful hours spent cycling our first century; the crispness of early morning Winter runs along the Mt Vernon Trail with the Potomac and the monuments shining before us;
- ❑ finishing my first ever triathlon – a Danskin series sprint where more attention was paid to the last finisher than the first;
- ❑ the hours of 'togetherness' time my partner and I have spent running and cycling long hours and long miles;

TriCATs Support Girls on the Run of NOVA

Many of this edition's photos are by Dan Hicok from the 'Girls on the Run' race.

Despite the 17-degree morning chill, TriCATs showed up en masse to support Girls on the Run of NOVA at the 1st Annual Reindeer Romp 5K. The event, held on December 17th at the Reston Town Center, was the culminating celebration of the Fall 2006 Girls on the Run program. Over 2,300 runners, including the 1,200 girls in the program along with their buddy runners completed the 5K run. Girls on the Run is a learning program for girls in grades 3 – 8 that combines training for a 3.1 mile running event with healthy living education. The program instills self-esteem and strong values through health education, life skills development, mentoring relationships and physical training - all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff and the community. Many TriCATs are involved with Girls on the Run as staff, Board members, volunteers, buddy runners and advocates within our elementary and middle schools. GOTR of NOVA would like to thank the 26 TriCATs who braved the cold to run in the Reindeer Romp, as well as Mike Gillette and Dan Hicok for their amazing videography and photography work at the event. For more information regarding Girls on the Run of NOVA, please visit their website (www.girlsontherunofnova.org) or email Jenn (jenn@girlsontherunofnova.org).



- ❑ stumbling across the astonishing food in Millwood, VA just when we needed it most at the low point of a freezing cold 50 mile ride;
- ❑ my first navigationally challenged prove-to-myself-that-I can-do-it 12 mile training ride;
- ❑ running on the treadmill for two whole miles and calling everyone I knew to tell them what I'd accomplished. I'm a slow runner, a 'sinker' in the water and—since all my crashes thus far have been at 5 miles an hour—a fearless cyclist.

I focus on the journey rather than the finish line and scenery factors into all my race choices. My job on the board is group training and race support and I hope that in 2007, I'll be able to introduce TriCATs to some areas of the countryside you may not have seen before and be a one person cheering section that'll be there for the last TriCAT to cross the finish line. As we Kiwis say, cheers!

Scott Weinhold – Member at Large

Scott Weinhold performs primarily as a saxophonist for the United States Army Band. He also directs the jazz ensemble at McLean High School in McLean, Virginia, teaches private lessons in saxophone and improvisation, remains a sought-after performer for events in DC-area venues, and continues to entertain at private engagements.



He's been doing triathlons for about 4 years and has been a member of the Tricats for the last 2. He spent most of his life out of shape and hit bottom when he weighed in at 275 lbs. several years ago. He couldn't run more than 5 minutes straight at that time and was a heavy smoker and drinker. He worked his way up to an hour a day of jogging so that he could lose weight. He used to have to break for a cigarette during his long runs!

In 2001 he ran his first marathon and officially caught the exercise bug. He started triathlon to make exercise more interesting and give his knees a rest while torturing other parts of the body. He finished his first Ironman in 2006 and hasn't smoked in about 6 years. He's lost over 90 lbs and doesn't see any reason to go back! He joined the club to meet other triathletes, exchange ideas, and get inspired to improve. In the process he has made some great new friends and would like to give something back to the club that he believes has given him so much.

Scott also enjoys learning about exercise, nutrition, and fitness, working with computers, playing cards, reading, and arranging music. Scott resides in Vienna, Virginia with his wife Martine and their cat Beau.

Vergil Arbuckle – Member at Large

I started doing triathlons in 2005 and my only goal was to finish the race without drowning in the pool. My first race was Virginia Run Sprint Triathlon in Centreville, VA. That first year was so fun and my longest race was the race in Reston. During the off season, I signed up for Eagleman in Cambridge Maryland. In February 2006 I signed up for the lottery to get an opportunity to do Ironman Hawaii in Kona. I won a spot and Ironman Hawaii became my first Iron distance race. In 2007 I am going to focus on shorter races again and work with TriCATs in making the local triathlon community a better place.



An Interview with Dr. Art

Interview by Chas Ryan
Chr1969@cox.net

TN: Dr. Art, tell the Club a little about you?

Dr. Art: I was raised in Whippany, New Jersey and attended the University of Notre Dame. I then went on to medical school and am now a critical care physician working at the surgical intensive care unit at the Washington Hospital Center.

TN: What is your athletic background?

Dr. Art: For many years I was only a recreational runner and I let my conditioning fade and began to gain weight. In the early 90's I began a vigorous running program, was on a crazy diet, lost weight, and then began to have



leg problems. Back in those days my main race was Cherry Blossom and I did it for many years and finally met my goal of sub-70 minutes.

TN: How did you enter the world of Triathlon?

Dr. Art: A neighbor of mine said I should give triathlon a try and he recommended Reston. So, I began training for all three sports in Nov/Dec of 1995 with no plan, no coach, and no experience. For the next three years the only Tri I entered was Reston. After this I wanted to improve and hired a coach and joined Master's

TriCATs Race Support

The TriCATs support team with our tent and refreshments will be at the following races:

- Columbia Triathlon (20 May)
- Eagleman Ironman 70.3 (10 June)
- Lake Montclair Triathlon (24 June)
- The North East Triathlon* (26 August)
- Annapolis Triathlon (9 September)
- *2007 USAT Mid-Atlantic Region Club Championship

If you aren't racing come and provide support.

swimming. Master's is where I met TriCAT John Buechler and became involved with many people who would eventually form the Club.

TN: So what other races have you done once you became serious about the sport?

Dr. Art: I competed in Columbia, Eagleman, Dewey Beach where I won my AG, USAT AG Nationals, and ultimately IronMan Lake Placid in 1999.

TN: Do you have any memorable moments from your racing that you can share?

Dr. Art: I can think of the marathon at IM LP when I caught-up to TriCAT Jenni Buechler and we were watching the sunset for about 10 minutes as we ran together. There was also the time at USAT AG Nationals in Coeur D'Alene Idaho where I ran the last few miles with TriCAT and friend Al Delaney so we crossed the line together. A not so memorable moment was breaking a chain during IM and having to plead with racers as they went by if they had a chain tool.



TN: What is something you have gained from the sport besides the fitness and challenge?

Dr. Art: Even though I do not race now I have maintained many of the friendships I formed when I was very active with training and races.

TN: Because you are no longer racing what are you athletic goals now?

Dr. Art: I continue to be an avid cyclist and have developed a new passion for golf. I have also developed a strong interest in increasing my flexibility through yoga and recently with Pilates.



TN: There is rumor in the multi-sport community that you used your hospital privileges for a triathlon equipment issue?

Dr. Art: Well, yes. Several years ago I was riding with friends in Marshall and on our way back home my Kestrel KM40 was not secured to the bike rack on the roof of my car. At 70 MPH I heard some noise up top and then looked in the rear-view mirror as my bike was bouncing on

I66. Upon my return to the hospital a few days later I took my bike and placed it in a Stat Scan to check for cracks and damage. After 18 seconds in the machine the bike was proven sound so I am riding it to this day. However, there was a look of surprise from the radiologists later that day as they were reviewing all the scans and saw my bike come through their queue.

TN: Any words of wisdom for the rest of us?

Dr. Art: It is amazing what the body can do for you if you treat and train it right

TN: What are your future goals?

Dr. Art: I have developed a strong interest in working with architects to improve hospital design and this is beginning to take a greater role in my professional life.

Using a Heart Rate Monitor to Improve Fitness

Bryan Tomek
www.Active.com

Understanding your heart rate

Your heart rate is measured by the amount of times it beats per minute. During a rested period, a lower heart rate is actually optimal. This is because a stronger heart pumps more blood to your system per beat than a weaker heart, thus requiring less beats per minute.

Because your heart is a muscle -- it becomes stronger as you exercise it. During an aerobic workout, large groups of your body's muscles are used over an extended period of time in a consistent, rhythmic manner.

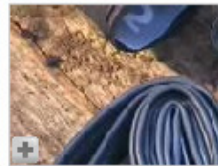
When being worked this way, your muscles demand oxygen. The harder you work your muscles, the more oxygen they require. This oxygen is supplied to your muscles from your



[Washing and lubing your bike](#)

08:02

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[Basic bicycle tool kit](#)

01:09

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[How to operate Quick Release levers](#)

01:05

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If you don't know how to maintain bicycles check out the videos at:

<http://www.youtube.com/group/bicyclemaintenance>

lungs via the bloodstream. As a result, your heart pumps faster during a workout in an effort to deliver the additional oxygen that your muscles are demanding.

Measuring your heart rate using a heart rate monitor is a good way to gauge the effectiveness of your workout because as you strengthen your body through exercise, you also strengthen your heart. Measuring the rate of your heart during exercise can help you determine when you're pushing your body too hard or need to push it harder to achieve the level of fitness you are seeking.

In order to understand how to condition your body by analyzing your heart rate, it's important to understand the three different types of heart rate. They are as follows.

Resting heart rate

Your resting heart rate is the rate that your heart beats per minute during periods of the day when you are most relaxed. Your RHR can be measured after you get out of bed or during a period of the day when you're sitting or relaxing comfortably.

Although heart rates vary between individuals, the average resting heart rate (RHR) for a man is between 60 to 80 beats per minute. The average for a woman is between 70 to 90. An adult in good shape can have an RHR in the low 60's while an unhealthy RHR can be as high as 100. A very well conditioned athlete can have a RHR in the 40's. To get an accurate measurement of your resting heart rate by using a heart rate monitor you should take measurements at different rested periods of the day over the course of a week -- and then average them out.



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Maximum heart rate

Your maximum heart rate (MHR) is the peak amount of beats that your heart has the potential to reach. You'll reach your MHR when you've pushed your heart as far as it can go during an aerobic workout.

It's extremely difficult to accurately measure your MHR. Experienced endurance athletes do so at fitness laboratories using an electrocardiogram (ECG). Because this measurement is so sophisticated, scientists have developed a formula that everyone can use.

To get an idea of your maximum heart rate, subtract your age from the number 220. With this formula, if you're 35, your MHR would be 185. This formula is not an exact science and does not ensure complete accuracy. Furthermore, it's important to understand that it can be dangerous attempting to measure your maximum heart rate, as you can cause serious damage to your body if you push it too hard.

Training Heart Rate

Your training heart rate is the rate that you maintain during aerobic workouts in an effort to improve fitness. In order to properly train with a heart rate monitor, you should work out at a steady, rhythmic pace. This will allow you to capture consistent measurements.

The right number to train at depends on your fitness goals and is widely debated among professionals. To promote general fitness you can train as low as 50 percent or as high as 70 percent of your maximum heart rate.

Reprinted, courtesy of Active.com. For more articles and information, visit www.Active.com.

Book Review: Essentials of Nutrition for Sports

Chris Bennett
chris@lpcb.org

Disclaimer: I am an engineer and not a nutritionist.

However, as a long-time vegetarian I have more than a passing interest in nutrition and with working in developing countries, I am also very interested in ensuring I ingest sufficient vitamins and minerals.

I have read several books on nutrition for sports, but Dr. Arnie Baker's e-book is one of the best. It is available for download from http://www.roadbikerider.com/nfs_page.htm. The supplement on vitamins and minerals is excellent and can be downloaded for free from <http://roadbikerider.com/nutritionforsportssupplement.htm>.

TriCat Photos

A special thanks to Dan Hicok for the action photos in the newsletter. Check out his site at www.danhicok.com. Look for an interview with Dan in the next newsletter.

The main book contains five parts covering:

- The practical aspects of sports nutrition.
- Understanding caloric needs.
- Lists of sports nutritional products and what is in the various products.
- Ergogenics and ergolytics—fancy names for products which are sold to make you go fast, and most of the time which do not. A review of what's available and what isn't worth buying.
- Education on how products are marketed and how to be an informed consumer.

I reviewed my previous nutrition plans against the recommendations and found a number of areas where improvements could be made—especially in avoiding questionable products.

The free supplement has four parts:

- Body fat and weight—how to control/lose weight.
- Ideas for breakfasts and quick low-calorie meals full of nutrients.
- USDA & FDA Basics—an explanation of food labels and various claims.
- A **complete** list of vitamins, minerals and other nutrients.



Download and read the chapter on vitamins, minerals and other nutrients. It is an excellent reference and I have used it not only for myself, but to advise friends and family who are following the latest fad. For each entry there is a description of what it is, the recommended daily allowance, tolerable upper intake levels (very important!), sources, interactions (also very important!), considerations for the athletes, and more. There is a 'bottom line' for each one which gives sensible advice. The key points given are:

- Consider taking a multivitamin supplement. There are several on the market aimed at athletes (I use Centrum).
- Do not waste money on fancy proprietary supplements.
- Do not supplement more than the recommended daily allowance (RDA).



Which Bicycle Tire to Use

www.bicyclquarterly.com

BICYCLE QUARTERLY magazine published a test report by industry experts on tire pressures and rolling resistance that will surprise many. So you think you should use skinny tires and inflate them to 100+ psi to go faster? Not so, says BQ. The tires tested include nine 700C tires, seven 650B tires and two tubulars.

- For roughly the same power output, the rider's speed can vary by as much as 20 per cent depending on tire choice. For example, the rider on the fastest tire moved down the road in a roll-down test at 16.4 mph while the same rider on the slowest tire reached only 13.6 mph.
- Tires with a cotton casing are faster than nylon casings.
- Tire pressure has only a small effect on the rolling resistance of most tires. Narrow 23mm tires seem to roll fastest at pressures of 105 psi or more. However, running these tires at 85 psi for improved comfort increased the test times only two per cent. Wider 28mm tires are as fast at 85 psi as they are at higher pressures.
- Tubular tires perform worse at very high pressure.
- Wide tires do not roll slower at lower pressures. In fact, testing indicated that a

wide tire at lower pressures rolls faster than a narrow tire at high pressures, if all other factors remain the same. Even narrow tires can be ridden at comfortable pressures with only very small concessions to performance.

- Tires rolled slightly slower with thick latex tubes than with butyl tubes.
- Tire pressure does not significantly affect rolling resistance. Wide tires in particular do not need high pressures to roll fast, said BQ. But because many current wide tires are designed to handle high pressure, they have strong casings that lack suppleness. This results in higher rolling resistance than necessary.

CONCLUSION: For most cyclists, wide, supple tires at low pressures offer more speed, better comfort, increased versatility and improved safety than today's narrow high-pressure tires. However, this type of wide, fast tire currently is not available. "Hopefully, these test results will help persuade manufacturers to produce them", said RoadBikeRider.com editor Ed Pavleka.

Interview: Who in the World is Dan Hicok?

Interview by Mary Delaney
coachmary@rehabtoracing.com

Dan Hicok, TriCAT member since 2004, is an accomplished race photographer. You have seen his work from the PF Kids triathlon and the Girls on the Run 5K, as well as in Triathlon magazine. His photo was that amazing shot of the transition area. Dan has been a photographer since he got his first camera at age 14. He got serious about it in 2006, when he launched his sports and action photography business. His true passion is racing photography.

But, lest the readership think that photography is all Dan does, he is also married to Shannon and has 2 daughters, aged 4 and 1 ½. He graduated from VA Tech with a bachelors degree in Aeronautical Engineering and an MS in Electrical Engineering. Currently, Dan is an engineering consultant for the FAA and an electronic engineer. (interviewer's note: Gosh, Dan...would you try to find something to do?)

Dan is also runner who has come over to the dark side and is now a triathlete. He got interested in triathlon after watching Hawaii on TV in the early 90's, but didn't start racing until last year when he did Xterra, the TriCATs mini-tri series and General Smallwood. This year he is planning to do the Lake Anna Sprint and Columbia and maybe a late season race.

TN: Although you are an accomplished photographer and an engineer, you are relatively new to triathlon. What drew you to the sport?

DH: Although I completed my first triathlons in 2006, I have been a fan of the sport since the early 1990s when I saw my first TV presentation of the Hawaii Ironman. I have just recently had the time and financial resources to get into the sport myself. I think what initially interested me was how far the human body can be adapted and pushed to achieve so much more than we think. It is amazing to me what we can accomplish when we change our perspective of what is possible.

TN: Now that you have a few triathlons under your race belt, what do you like and dislike most about them?

DH: Well, I love racing in all forms so I have to say that I love the thrill of going fast (especially on the bike!) and pushing myself as hard as I can. I tend to get a bit bored with single sport events but triathlon is never boring to me because I'm always thinking about the next transition or event. I also love how well training for a triathlon adapts your whole body instead of a single muscle group. On the downside, it is an expensive sport to compete in. It seems like I always need some new piece of gear and it is rarely cheap.

TN: You are focusing on sprints and Olympics this year. What are your goals for the races?

DH: This is the first year I am applying a disciplined approach to the sport by following a plan with heart rate zone training. My goal for



this year is to go as hard as I can each race and baseline my performance in the Sprint and Olympic distances so I can measure my progress in future seasons. Oh yeah, and to have a lot of fun!

TN: You have done both Xterra and road tris. Do you prefer one over the other?

DH: There are certain aspects to the XTerra races that really appeal to me – mostly the relaxed attitude and emphasis on fun. But overall, I prefer road tris. This is partly because I love cycling and I am a roadie at heart. Road tris let me use all the serious roadie gear that I love so much. The downside to XTerra for me was that passing on the bike is so difficult that it is less of a you-against-the-course test. Plus I have to say that I disliked walking the swim course – the water was so shallow you walked more than swam!

TN: Let's switch gears. You had one of your Lake Placid photos published in Triathlon magazine this year. Congratulations! When you are photographing a triathlon, what do you look for in the perfect shot?

DH: Thanks! That was a huge thrill for me. Triathlon magazine is the premier tri magazine for me because the photography is so outstanding. It was a great thrill for me to have the only photograph for their Lake Placid coverage. I actually get my idea of the perfect photograph from reading magazines like Triathlon. Then I go out and try to capture the same quality of image when I am shooting. I

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Welcome To Our New TriCat Members		
Libby Barton	Kerrie Garlepp	Sue Hite
Daniel Hoefert	Sari Paikoff	Dario Tirado

only like one of my own photos if I feel it is as good as the top pros. What I look for in a great photo is capturing drama – a look, an emotion, a pivotal point in the race. I want my photos to always tell a story on their own without a caption. The great thing about triathlon photography is you can expect to see every emotion out there on the course.

TN: What would you say sets you apart from other sports photographers?

DH: Well I hope it is image quality. I have extremely high standards for the work I produce. Plus I am always trying to capture something unique in the picture rather than get the same shot for everyone. I rarely like the race photos of myself from races so I am always trying to get a picture that is good enough for me to want to buy it.

TN: You did a great job at the PF Kids Tri this summer. Is photographing kids different from shooting adults?

DH: Thanks! I also did Girls on the Run 5K in December and I have to say that it is much more fun to photograph kid's events than the average event. The techniques I apply are the same (except I try to shoot from a two feet lower perspective!) but the results are different. Kids are not as shy about showing all the emotion of a race and it really comes through great in the pictures. Kids are great subjects.

TN: Finally, I must ask you my standard questions:

1. Tell us something that most people don't know about you.

DH: I'm a golf addict. In recovery though. I haven't played a round of golf in over 6 months.

2. Do you have any superstitions or lucky charms that you use before racing?

DH: No I am not a superstitious person at all. But I am meticulous about my race preparation. I believe in being as prepared as possible and letting things happen as they will out on the course.

3. What is your best race tip for "newbies?"

DH: I think it's most important for people to remember to have fun, particularly those that are new to the sport. Few of us are competing

for the podium but we can all get a lot out of each event by just enjoying being there.

4. What is your funniest or most embarrassing moment being a triathlete?




DH: That would have to be finishing General Smallwood with my four year old daughter Morgan. She loves to watch me race and finish with me. I guess I got near the finish sooner than she was expecting. I yelled to her as I was passing and she ran after me dragging a blanket with her. I let her catch up, dropped off all her stuff, and took off her jacket so everyone could see us in our matching TriCATS jerseys. That got some good laughs from the finish line crowd. I was laughing the whole way. It was worth losing a few places for ☐

TN: Any closing thoughts?

DH: It has been great being a part of the team both as a photographer and triathlete. I have learned a lot and met some great people. I look forward to a great 2007.

TN: Thanks, Dan! Check out Dan's photos. Dan Hicok Photography www.DanHicok.com



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Race Report: Goofy Challenge

6 – 7 January 2007
Dave Wiesenhahn
dave@wiesenhahn.com

The Walt Disney World marathon was first held in 1994, and it quickly became a popular destination race. In 1998, a half-marathon option was added, and soon there were 16,000 runners in the marathon and half that many in the half-marathon.



Last year, the organizers decided to split the races, with the half-marathon on Saturday and the full marathon on Sunday. To recognize people who did both races, they called this the Goofy race and a half challenge, and awarded those finishers a special Goofy medal.

My goals for the races were very modest: First, I wanted to finish with a smile. Second, I wanted to have a good time and enjoy the day. Third, I wanted to take some photos. Trying to set a PR or otherwise break any time goal was not important to me – this was just going to be a fun race run at a tourist pace.

Although my training went pretty well, the weather became my concern in the week leading up to the race. Early in the week, the forecast for the race weekend was for temperatures in the mid-60s, with a dew point slightly below the ambient temperature (in other words, it was going to be very humid). And each day I checked it, the forecast temperature seemed to increase by a degree or two.

I flew down to Orlando on Friday, and met my friend Greg, and we picked up our packets. He and I were going to run both races together.

One of the distinguishing aspects of the Disney races is that they start early at 6AM. Furthermore, runners are supposed to be at the start area by 4AM. Disney does a great job of moving people, and at 3AM there were shuttle buses already at the resorts to take us to the start line. Disney also helped the runners by opening the food court in my resort early in the morning (of course, they were making money off of us, but it was nevertheless a nice touch). So I was able to fill my refillable Disney mug with coffee (a non-negotiable pre-race requirement for me), and get a bagel and a banana before I boarded the bus for the short trip to the start. The bus was filled with runners from around the country -- some of them veterans, and some of them first-timers. Throughout the entire weekend, the shuttle buses for runners were constantly operating, and I never had to wait for one.

The staging area was at the Epcot parking lot. I met Greg there. We visited the port-a-potty, dropped our bags off, and sat down among thousands of other runners. Around 4:30AM, everyone stood up, and they walked us about a mile to the start area, which was on a road somewhere on the Disney property. Here they had entertainment for us, including a jumbotron screen, a couple of announcers, music videos, and Disney characters. Greg and I again sat down and waited. Five minutes before 6AM the national anthem was sung (complete with fireworks), and then they started the race with even more fireworks!

As predicted, it was warm. There had been no pre-race shivering while we were waiting. It turns out that it was 70F at the start, with the typical brutal Orlando humidity. The warm weather reinforced my desire to run the race at a slow, conservative pace.



The first couple of miles of the half-marathon were on the Disney roads and weren't too exciting, but they tried to liven it up with DJs and high school bands. Around mile four or five, we got close to the Magic Kingdom. The sun was just rising, providing a beautiful orange backdrop to Space Mountain and Cinderella's castle. We entered the MK on Main Street to thick, loud crowds cheering us on. Greg and I stopped for a photo, sucked in the positive energy from the spectators, and then trucked on through Tomorrowland, and then through Cinderella's castle and onto the rest of the MK. There were lots of Disney characters here providing photo ops and adding to the positive vibe. Life was good.

Around mile seven, we left the MK and pretty much ran on roads until the finish. Around mile 12, we entered Epcot, and ran around there for the last mile before crossing the finish line.

We finished the half-marathon about 20 minutes slower than I usually run a half-marathon, but we had executed this race according to plan. Once I got some fluids in me, I felt pretty good. In the afternoon I spent a couple of hours at the pool, and I made sure that I dipped my legs in

the cool pool water. Overall I felt great, but while I was sitting in the sun I was getting pretty hot, and I kept thinking about the next day, especially since we would be out there for two extra hours.

Sunday morning, and it was deja vu all over again: the early-morning walk to the food court for coffee, banana, and bagel; the bus ride to Epcot; meeting Greg; porta-potty; bag check; and sitting in the waiting area. The weather at the start of the marathon was slightly cooler, but it was still just as humid. When we walked to the starting corrals, we went to a different area, but otherwise it was the same hour-long wait out on some road, the jumbotron, and then the national anthem and fireworks at the start.

The first couple of miles of the marathon were pretty crowded, even though they had split us into two separate starts. We ran the first mile or two on a park road before entering Epcot. Epcot was filled with a beautiful array of lights, and it was wonderful to run through it in the morning darkness. It was pretty crowded here, so we just accept the fact that we would have to run at the pace of the crowd, whatever that was.

Once we left Epcot things opened up, and Greg suggested that maybe we had been going too slow, so we started to slowly increase our pace. It was about five open-road miles up to the MK. The sun was coming up, but it hadn't broken through the foggy layer of humidity hugging the ground, so we were running through a thick warm soup. I made it a point of walking through every aid station to ensure that I actually got some fluid in me.

Around mile nine we entered Main Street in the MK, and it was truly magic! Main Street was beautiful, and there to greet us were three-deep crowds, even thicker than the day before. More photos of me and Greg.



With about 11 miles behind us, we left the MK. A couple of miles later, when we crossed the halfway point, it seemed odd that we had stopped at this point the day before. Indeed, yesterday seemed easy.

We had a couple miles of backroads before reaching the Animal Kingdom. By now, it was after 8AM; the sun had burned through the clouds and I could feel it getting a bit warm during the exposed parts of this stretch.

We reached the Animal Kingdom around mile 16 or 17. Overall the course is very flat, but the little risers here were starting to seem like big mountains, so I knew I was getting tired.

We left the Animal Kingdom around mile 18. Miles 18 - 22 of a marathon are not my favorite part, and here we were running on wide-open, exposed park roads with no Disney characters to keep us entertained. Disney tried to alleviate some of the pain by having bands (including a decidedly British rock band), and plenty of aid stations.

A little past mile 22, we entered MGM studios. By now I was getting hot and tired, but here there were lots of distractions to take my mind off the pain -- Luke Skywalker and Princess Leia; toy soldiers from Toy Story; a NYC street; stunt cars, and so on.

After that we entered an upscale set of resorts and started zig-zagging on pedestrian paths. It was pretty, but I eventually lost track of where I was until finally I recognized that we entering Epcot, and then I saw the mile 25 marker. Great -- one more (long) mile to go!

When I finished, I was way off my PR (as expected), but I met my goals of having a good time and taking some pictures. Greg and I had run both races at almost the exact same pace, even though it was 77 degrees at the finish of the marathon.

Once I cooled off and got re-hydrated, I felt pretty good. Later in the afternoon, I saw lots of people proudly wearing their long-sleeve race shirt, even though it was now in the low 80s. It was neat to see these people -- a lot of them first-timers -- so proud of their accomplishment. Even the next day, I saw people getting ready to go to the airport wearing their race shirt and oversized finishers medal.

Whether you are a veteran or a first-time, I'd highly recommend this race. The course is unique: running through the Magic Kingdom is a lot more fun than Haines Point and the 14th Street bridge. The entire weekend was well organized from beginning to end. The volunteers were fantastic, and there were plenty of aid stations. Even though this year the weather was unusually warm (they were one degree below the record high on both days), it's usually much more suitable for running a marathon. There's lots of positive energy from the race, the spectators, and the first-timers.

Doing the Goofy challenge really isn't that hard if you pace yourself and run two smart races. However, it looks like the Goofy challenge is becoming very popular. I had signed up for my races in May, but the 2008 version is rapidly filling up, even though it is only January.



An Interview with Melissa Merson

Interview by Allison Czapracki
allison.czapracki@gmail.com

Dedicated wife and mother. Hardworking congressional worker. Endurance triathlete. Long-time USA Triathlon officer. Breast cancer survivor. I recently had an opportunity to interview Melissa Merson -- to discover her struggles, triumphs, and everything that brings joy to her life.

Melissa attended the University of Maryland and has lived in the DC area since 1971. "I have a full time job in the U.S. Congress as a public servant." She serves as the director of communications for the Congressional Budget Office, a position she's truly passionate about. She also is involved with the Olympic community as a graduate of Project GOLD (Guaranteed Olympic Leadership Development), which is a program aimed at enhancing the involvement of qualified women and ethnic minorities in leadership roles within the U.S. Olympic movement. Most importantly, she is a proud wife and the mother of two small boys, ages 3 ½ and 10.

She completed her first triathlon, the Make-a-Wish Sea Colony Triathlon, on her 35th birthday. Triathlon was not nearly as popular at this time as it is now. Since that day, she has completed this triathlon 18 times! "After this first race," I asked her, "you got hooked?"

You could say that. Melissa competes on average in two to six races per year, and has served, mostly as secretary, on the regional (Mid-Atlantic) board of USA Triathlon for nearly

15 years. She recently was elected vice president of USA Triathlon, the national governing body of our sport, headquartered in Colorado Springs, Co.. Most recently, she completed Ironman Hawaii in 2006.



So what's her training regimen like?

"At some stages in your life, you have more or less time to train, and you have to make the most of it," Melissa says. She is not "type A" about her training, but integrates it into her daily life. With her full time job on Capitol Hill, a triathlete husband who is a federal law enforcement officer (also on Capitol Hill), and two small children, this is no easy task. "When I was training for Ironman Hawaii, I would run the 6.25 miles to and from work on Wednesdays and Fridays" (now that's what I'd call an efficient commuter!) "and on Tuesdays and Thursdays I'd

bike to the pool at 5am, bike to work, and bike home at night." Her husband alternated his run workouts with her bike workouts so they both could fit their training in before work most days. She would complete long bike rides and swims on weekends, and take Mondays as rest days. It's hard enough for the average person to train for an Ironman, but Melissa noted that she trains around her career and family, which of course is always a challenge. It helps, she said, to have a supportive partner who supports your goals and shares the training and household chores.

Training is an important part of her life, but she succeeds by prioritizing her family and career ahead of training. She takes very good care not to overtrain. "Many athletes desire to perform at the same levels as when they were younger, so they train hard and get hurt," she says. Because of her philosophy, she does not get injured very often.

Melissa explained to me that she completed Ironman Hawaii to celebrate her fifth-year anniversary of being cancer free – she deemed the race as her "celebration of survival." 2006 was the first season she completed a triathlon longer than an Olympic distance race since she'd been diagnosed in 2000. Cancer and chemotherapy had left her upper body weak, but she "trained to her weakness," devoting a lot of energy to swim training. She is strongest on the bike.

"What about your nutrition strategy?" I asked.

"Nutrition is very important. I've had excellent counseling in this department." She also uses a



coach, who she says is "terrific," and also has had VO2 max and metabolic testing done. "It's much better than trying to get it all out of a magazine."



"Do you get nervous before races?" I asked. "No," she said. "It's just like going to work in the morning. I just do it."

When questioned with "What was your toughest endurance event?" Melissa responds without hesitation: "Chemo, but I never missed a day of work due to chemotherapy." When asked by her 88 year-old mother as to why she participates in the sport of triathlon, she explains that she is "training for life. Situations like cancer are unexpected – and you must always be prepared for the unexpected." What a strong lady to come back from cancer and complete an Ironman, an event most people never dream having a high enough fitness level to enter!

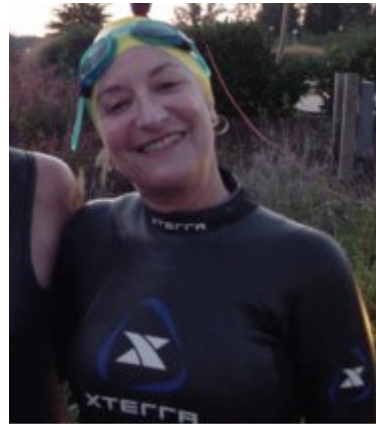
Besides racing, another priority for Melissa lies in youth development. She is setting up a triathlon program in her son's elementary school, to promote what she calls "lifestyle sports." She desires for schools to promote "lifestyle sports," like triathlon, instead of emphasizing only team sports. Teaching students sports for life is a key step in America's battle against obesity, and she plans to get a mini-triathlon program set up for third through fifth graders in the near future. She also is working with others to establish a triathlon camp program for at-risk youth in Washington, D.C.

Melissa likes to close things with the quote, "in fitness and in health." She explained that there is a big difference between the two, and many young athletes often think that, even as they age, they are healthy because of their excellent fitness levels. She speaks to the younger women, cautioning them, "Just because you're fit, doesn't mean you're healthy. You must take

preventative measures as well: you can't forget about keeping a healthy diet or routine health screenings, like mammograms." She also informed me that women have a much greater risk for breast cancer if they haven't had a child before age 30, and that breast cancer in thirtysomething women can be more aggressive.

From just a short conversation, I could immediately tell that Melissa doesn't waste her time and never lets anything get her down. She is a woman who is constantly striving -- and succeeding at! -- living her life to its fullest, in her athletic endeavors as well as in passionately serving her family and community.

Melissa encourages all triathletes and their families and friends to "get involved" with the sport. Volunteering and participating, outside of competition, greatly enhances the multisport lifestyle. There are dozens of clubs in our area and infinitely more opportunities to give back. Melissa suggests everyone who races triathlon also volunteer at one race each year in some capacity, if you are not already actively involved in some other way. Other opportunities to volunteer can be found through the regional volunteer committee.



As our national board representative, Melissa reports to the membership each month in the USAT-Mid Atlantic's e-news letter, available to anyone for free at www.usat-ma.org. She invites comments and suggestions. You can email her at: Melissa.Merson@usatriathlon.org.



Three Advance Techniques for Road Biking

By Fred Matheny for
www.RoadBikeRider.com

Got your basic riding techniques well in hand? Now learn three advanced moves that come in handy and raise your skills to a new level.

1. Ride No-Hands

Pro cyclists can ride no-hands in the middle of the pack on a twisty descent. Don't try it! Sometimes, however, you'll need two hands free to peel an energy bar or peel off a vest. Here's how:

- ❑ **Pick a Place.** Look for a straight stretch of road without obstacles like potholes or side streets. Sit up and take your hands off the bar, ready to grip again as you test your balance. When you're ready, sit up fully and drop your hands to your sides. Most riders find it easier to maintain balance while pedaling smoothly than while coasting.
- ❑ **Steer With Your Butt.** In other words, control the bike with the pressure of your inner thighs against the saddle. Look down the road at least 30 feet rather than directly in front of your wheel. Relax.

- ❑ **Be Careful.** Riding no-hands where you live may be illegal, and it certainly can be dangerous. Practice in an empty parking lot or back street before taking your act on the open road. Unless you have pro-level skills, don't ride no-hands in a paceline until you're last in line.

2. Remove Arm Warmers While Riding

Now that you can ride no-hands, it's easy to remove arm warmers without stopping. The only problem might be losing one while stuffing them into your jersey pocket. Here, courtesy of seven-time Tour de France rider Ron Kiefel, is how to keep them together.

- ❑ **1. Pull down warmers.** Riding with one hand on the bar, pull down that arm's warmer to your wrist. Switch hands on the bar, then do the same with the other warmer.
- ❑ **2. Remove first warmer.** Ride no-hands. With your right hand, grasp the cuff of the left warmer and pull it off so it hangs from your right hand.
- ❑ **3. Remove second warmer.** Use your left hand to pull off the right warmer while still grasping the left arm warmer in the right hand. Voila! One arm warmer is neatly tucked in the other. Fold the resulting sausage in thirds and tuck it in your jersey pocket.

3. Hop Over a Pothole

Ever get trapped near the curb by a passing car or other riders—and there's a gaping pothole right in your path? The only escape is up and over. Here's how pro roadies fly above obstacles (including fallen riders).

- ❑ **Assume the Position.** As you approach the obstacle, coast with crankarms horizontal. Stand on the pedals with your butt several inches off the saddle. Your weight should be evenly distributed between your hands and feet. Think of being like a cat—or a basketball player in a defensive stance—ready to uncoil.
- ❑ **Spring and Lift.** As you reach the obstacle, crouch rapidly by bending your knees and elbows, then spring upwards like you're jumping. Pull up equally with your hands and feet so the bike comes with you.
- ❑ **Time It Right.** If you jump the bike too soon, you'll land on the obstacle you're trying to avoid. Too late and you'll plow your front wheel into it.

- ❑ **Practice!** Lean this technique on a soft grassy field using something soft like a rolled-up towel as an obstacle so you won't crash if you hit it. It's a good idea to practice with a mountain bike—the fat tires and sturdy wheels are less likely to be damaged in your initial attempts at flight.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

At-Home Fitness Testing

Chris Bennett
chris@lpcb.org

In business there is the maxim: "if you can't measure it, you can't improve it". The same applies to triathlon training. While many of us have had VO₂ and similar tests done in a lab, it is possible to test your fitness at home using a trainer.

As described in the e-book 'Off-Season Training' from www.RoadBikeRider.com, there are two types of tests. The first starts you off at a low resistance and then takes you to the maximum effort. These 'maximal' tests are exhausting and should only be done once or twice a year. The second 'sub-maximal' diagnostic test takes you to about 90% of your maximum heart rate, and can be performed more regularly, even as part of a regular training program. These diagnostic tests should be done no more frequently than every 4-6 weeks.

If you have a bicycle trainer that can measure watts there is an 'at-home' protocol you can use. It is as follows:

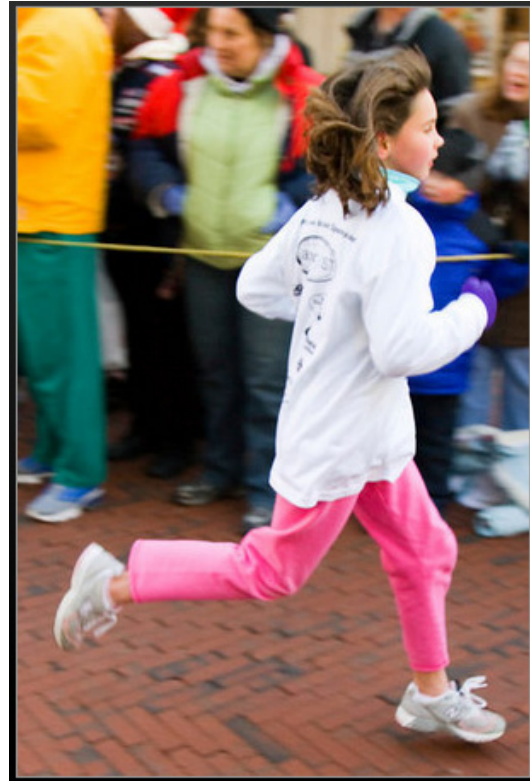
Maximal Test

- ❑ Warm up for 15 minutes easy peddling at a low wattage. Build from 80 to 120 watts. Pedal easy for five more minutes.
- ❑ Start the test by pedaling at 90 rpm and 100 watts for 3 minutes. Record the HR at the end of this ramp.
- ❑ Increase to 130 @ 90 rpm for 3 minutes and record the HR.
- ❑ Increase resistance to 160, 190, 220 watts and ride for 3 minutes at each setting, recording the HR.
- ❑ Make subsequent increases by 20 watts @ 90 rpm for 3 minutes.

- ❑ The test is over when you cannot maintain 90 rpm no matter how hard you try. Record your final HR and how long you lasted in the final 3 minute segment.

Sub-Maximal Test

For the sub-maximal test, stop when you reach your lactate threshold—usually 90% of your maximum heart rate.



What if you don't have a wattage meter?

Not a problem. You only need a consistent resistance from one test to the next. Use the same bike, the same tires and the same trainer each time you test. Inflate the tires to the same pressure and turn the crank that tightens the roller against the rear tire an identical number of turns each time.

Start in an easy gear and shift to a harder gear at the end of each 3 minute segment. The gearing should allow for a consistent jump in effort from each 3 minute segment to the next. Stop the test when your heart rate reaches the LT. Record the gear and how long you lasted before reaching LT in the final 3 minute segment.

For an interesting free book on training with power check out:

http://www.ibikesports.com/documents/power_training_book.pdf

2007 ITU Long Course World Championship

July 14 - 15, 2007
L'Orient, France

Kenton Pattie
KentonP1@aol.com

The International Triathlon Union (ITU) Long Distance World Championship will be in L'Orient, France July 15, 2007, about four months earlier than the November 2006 event. So the period for qualifying will be shorter. Already, immediately following the Canberra 2006 World Championship there was a deadline for athletes who have already qualified. So, if you are interested, you need to act promptly.

ITU? This is the organization to which USAT belongs and which organizes triathlons in which countries compete against each other. For example, in recent ITU Long Distance World Championships there have been athletes selected by their national organization who represented several dozen countries. Each ITU event features a parade of athletes and other events reflecting the international flavor of the competition.

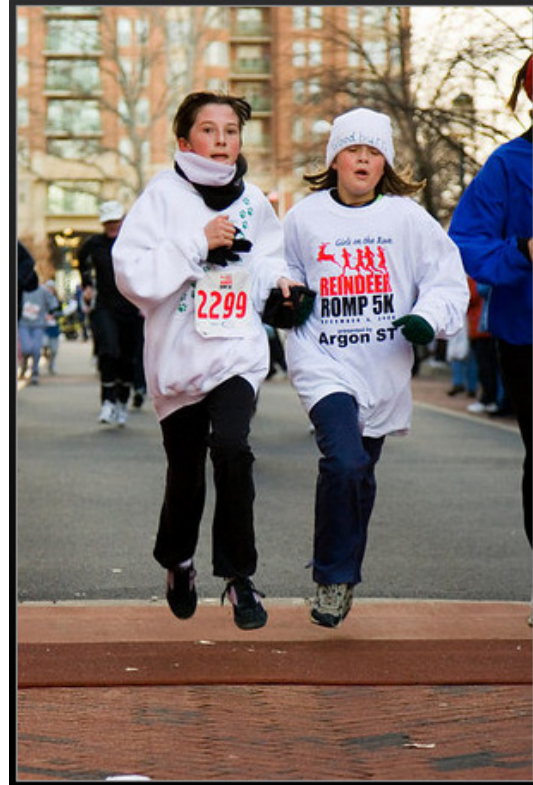
I have qualified for and competed in two previous ITU Long Distance World Championships and was on Team USA in Sweden 2004 and Denmark 2005. In 2006, I qualified for this event in Canberra and went to Canberra November 19, 2006 as a Team USA

ITU Update

ITU recently received \$20 million from a British energy company so ITU will be staging more international triathlons—and these are going to offer prize money. They recently advertised an ITU race in Des Moines Iowa and they predict more countries will field teams as the number of races and prize money increases. They tie their effort to resulting in more countries entering the build up to the Olympics and thus more Olympic teams from more countries. It seems ITU is moving itself from a remote possibility for most triathletes to increase the opportunities for triathletes to compete to be on their national teams. With USAT, Ironman, and ITU sponsoring more races there are more openings for triathletes to excel than ever.

member but in meetings with the USA team doctors just before the event they recommended that I not compete due to complications from an October 13 car accident in which another car totaled my Honda Element and sent me to Inova Fairfax Hospital with concussion and considerable injuries.

I have qualified for the 2007 event and am in the process of deciding . . . a hard decision because I am still in rehabilitation from my October 13, 2006, car accident.



One thing triathletes should note: The 2007 event will be shorter than any previous ITU Long Distance World Championship. The swim, for example, will be cut from 4 kilometers to 3 kilometers, the bike course will be 30 miles shorter and the run course will be 6 miles shorter. This is a very substantial change which makes ITU Worlds more like a half-Ironman race than a somewhat abbreviated Ironman race. Because the distances have been reduced, I think more athletes will consider registering for 07 than in previous years.

Any TriCAT interested in 07 Worlds should go to the USAT website for an accurate version of the 2007 eligibility qualifications. Anyone considering competing in 2007 for Team USA: it will be a great personal experience, a serious but rewarding challenge, and will be the crowning highlight of your accomplishments in your 07 competition year. There are just a few races a year in which you can compete for your country: this is one. And your family will enjoy the trip to France.

The Long Course Triathlon World Championship features a 3k swim, 80k bike, 20k run through L'Orient, France. The ITU Congress in Lausanne, Switzerland on September 4, 2006, changed the

rules stating: “. . . the ITU Long Distance Championships will henceforth be double the ITU Olympic Distance event i.e., 3 km swim x 80 km cycle x 20 km run.”

Lorient, Brittany's fourth largest city, lies on an immense natural harbor protected from the English Channel/Atlantic Ocean by the Île de Groix and is located at the junction of the rivers Scorff, Ter and Blavet. It was once a base for French colonialism, and was founded in the mid-seventeenth century for trading operations by the Compagnie des Indes, an equivalent of the Dutch and English East India Companies.

Athletes wishing to compete in this event must qualify for Team USA by earning a spot at one of seven qualifying events for 2007 Long Course Triathlon World Championship in L'Orient, France, July 14-15, 2007.

Qualification: 3 spots per age group- roll down to 5th place

PrairieMan Long Course Triathlon
Sept 10, 2006 Grand Prairie, TX
www.ironheadrp.com

Grand Columbian- Long Sept 16, 2006 Grand Coulee, WA
www.grandcolumbian.com

MiamiMan Long Course Triathlon Nov 12, 2006
Miami, FL
www.multirace.com

White Lake Half May 6, 2007 White Lake, NC
www.set-upinc.com

White Lake

While ITU is pretty well known by pro triathletes, it is not as well known among amateurs. Triathletes from the USAT Mid-Atlantic Region will have the opportunity to compete in an ITU world qualifier at the White Lake Half Ironman, held May 6, 2007 at White Lake, North Carolina.

Qualification: 2 spots per age group- roll down to 10th place

Deuces Wild Triathlon Festival June 3, 2007
Show Low, AZ
www.trisportsracing.com

Mooseman Triathlon- Half
June 3, 2007 Waterville Valley, NH
www.moosemantriathlon.com

Georgia Rock'n Roll Man
June 3, 2007 Macon, GA
www.set-upinc.com

Age-Up Rule

If you qualify for the 2007 Long Course Triathlon World Championship you may be competing in a new age group.

This event follows all ITU rules.

Foreigners

Some TriCATs in the Washington area are from other countries. They can train and compete in the US while petitioning their own country's national triathlon federation to be included in their national teams and thus compete in ITU events. All it takes is an athlete's competition resume and a letter to the national federation back home. At ITU events in Denmark, Sweden and Australia I met athletes who live and train in one country while competing for their motherland. American triathletes stationed abroad can do the same thing: write USAT.



Registration and Deadlines

USA Triathlon will contact all automatic qualifiers from 2007 events the week following each event. Athletes will be given one week to register. If an athlete declines their spot or does not sign up within the one week period, the next person on the roll down will be contacted and so on.

Registration information will be sent by email. The cost for LC Tri Worlds is \$300: this covers your race registration fee as well as free use of USAT support staff throughout the race week. USAT support staff includes medical doctors, chiropractors and bike mechanics. In addition to the support staff, the fee also covers a celebration party for all Team members.

Cancellations must be received in writing to teamusa@usatriathlon.org by April 1st, 2007, for athletes who qualified in 2006. If you cancel on or before April 1st, you will receive your registration fee less \$25 administrative fee back via check. If you cancel after April 1st, there will be no refunds.

Cancellation dates for athletes that qualify in 2007 are TBA.



Tri Tips by Ann A. Robic

LSD – Just Say No (maybe)

Long touted as the staple of any good workout plan, LSD (long, slow distance) workouts have attained almost mythic status. But are these workouts necessary? Are they worth neglecting your friends, family and work for? The answer is – it depends, and maybe not.

LSD workouts are touted to build capillaries and increase aerobic endurance, and are usually a major part of the base training phase. They are done at “endurance” intensity, usually around 65% to 80% of your lactate threshold heart rate. Training lore once warned athletes not to exercise at higher intensity during the base

phase else they would interfere with the capillary building and possibly even undo the effects of previous workouts.

Turns out that LSD workouts are not as crucial as once thought. Shorter, slightly more intense workouts still build capillaries and increase your endurance. In fact, they can give you more of these and other benefits than LSD workouts [1].

If you have lots of time to train then sure, LSD workouts can have a great benefit. If you are working towards a full or half iron distance then at some point you do need to build up your body’s tolerance for extended periods of exertion. For shorter distance races, and specially if your training time is limited, LSD may not be your best choice and could even be counter productive. In order to receive the benefits of LSD workouts, they must be long enough to stress your system. This can be a long time for some people (3, 4 or more hours). Shorter than that, you haven’t stressed you body enough to stimulate training gains.

Shorter workouts, usually in the 1 to 2 hours range, at intensities up to what is normally called “threshold” or “tempo” give you the same or greater physiological adaptations as LSD workouts, with shorter workout times. The term “Sweet Spot Training” was coined by Andy Coggan and Hunter Allen to describe these workouts [2]. The key is to not do every workout at this higher intensity (i.e. you still need recovery workouts) and to get enough rest for your body to recover, else you risk over-training. There are sample bike workouts that follow this scheme in the March issue of Bicycling magazine [3].

References:

1. Training and Racing with a Power Meter, by Hunter Allen and Andrew Coggan, Ph.D., VeloPress, 2006, page 55.
2. *ibid*, page 82.
3. Bicycling Magazine, March 2007, page 112.

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Recovery – A Critical Component for Athletic Success

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Steve Born is a technical advisor for Hammer Nutrition with over a decade of involvement in the health food industry. He has worked with hundreds of athletes - ranging from the recreational athlete to world-class professionals regarding their supplement/fueling program. Steve is a three-time RAAM finisher, the 1994 Furnace Creek 508 Champion, 1999 runner-up, the only cyclist in history to complete a double Furnace Creek 508, and is the holder of two Ultra Marathon Cycling records. In February 2004 Steve was inducted into the Ultra Marathon Cycling Hall of Fame.

Athletes tend to focus on training and neglect the recovery, specifically the critical step of refueling as soon as possible after each workout. Does this describe your routine? If so, that's really unfortunate because it's absolutely one of the most important things that you can do to improve your race day results. In fact, properly refueling your body immediately after your training session is as important as anything you did in the actual workout. When you give your body what it needs as soon as possible after exercise, it will respond wonderfully in the following ways:

- ❑ Your body will be able to store more and more of a premium, ready-to-use fuel known as muscle glycogen.
- ❑ You will strengthen, not weaken, your immune system.
- ❑ You will "kick start" the muscle tissue rebuilding process.

The bottom line is that you can really give yourself a major advantage come race day if you'll take the time to put some quality fuel into

your body as soon as possible after all your workouts.

If you're at all serious about performing better in your racing *AND* staying healthier, here's a saying you need to live by – "Once you've finished training, you're still not finished with training!" Here's what I mean: You must attend as much to recovery as you do to active exercise if you expect to reap the benefits of hard training. In other words, how well you recover today will be a huge factor in how well you perform tomorrow. Exercise, done properly, creates enough stress to your muscles and cardiovascular system to instigate a rebuilding and strengthening program, but without causing big-time damage. Your body responds by adapting to the stress you placed upon it. Too much exercise at once leads to over-training syndrome. If you train within limits, but fail to supply your body with adequate fuel and nutrients, you get pretty much the same thing: over-use symptoms such as weakening, increased susceptibility to infections, and fatigue.



CARBOHYDRATE REPLENISHMENT – THE SOONER THE BETTER!

When you begin a workout or race, the first fuel your body uses is a stored carbohydrate known as glycogen. About 80% is in your muscle tissue, and the remainder in your liver. You've only got so much of this premium fuel, but its importance can't be overstated. In fact, several studies have shown that the pre-exercise muscle glycogen level is the most important energy determinant for exercise performance. Also, to have a good race or workout, you need to start

with a full load of muscle-stored glycogen. In other words, athletes who have more of this readily available fuel in their bodies have a definite advantage. The good news is that you can substantially increase your storage capacity.

So how can you maximize your glycogen storage? You need a combination of training and replenishing. Training increases both muscle glycogen storage capacity and how efficiently your body uses it. Carbohydrate replenishment as soon as possible after exercise, when the body is most receptive to carbs uptake, maximizes both glycogen synthesis and storage.



Here's how your body does it: Along with insulin, which regulates blood sugar levels of ingested carbs, an enzyme known as glycogen synthase converts carbs from food into glycogen and stores it in muscle cells. This also drives the muscle repair and rebuilding process. However, glycogen synthase activity is brief, peaking in the 0-30 minutes after exercise, then declining substantially for the next 90 minutes. To store as much glycogen as possible, you need to take advantage of this enzyme when it's most active. It's absolutely vital for maximizing the recovery process, and, to paraphrase the late Ed Burke (a well-known nutritional scientist), "The sooner you do it, the better."

Complex carbs versus simple sugars

The one time where your body isn't going to put up much of a fight in regards to complex carbs versus simple sugars is right after a hard, glycogen-depleting workout. At this time your body is in such dire need of replenishment that it'll accept just about anything. That said, complex carbohydrates offer a distinct advantage over simple sugars. Here's why: Both simple sugars and complex carbohydrates (such as the maltodextrin we use in Recoverite) are high glycemic index (GI) carbohydrate sources, which allow them to raise blood sugar levels and spike insulin rapidly, both desirable functions post-exercise. However, complex carbohydrates, which again, have equally high glycemic indices and raise blood insulin spikes similarly, allow for a greater volume of calories to be absorbed compared to simple sugars. In other words, when you consume complex carbohydrates instead of simple sugars after exercise, your body is able to absorb more calories for conversion to glycogen, and without the increased potential for stomach distress that commonly occurs with too-high volume or concentration of simple sugar fuels.

Additionally, most of us already over consume simple sugars as it is. Numerous research clearly shows that sugar consumption in American is outrageously high; one report from the Berkeley Wellness Letter stated that each American consumes about 133 pounds of sugar annually... that's over 1/3 pound of sugar every day, 365 days a year! There is no doubt that excess sugar consumption is implicated in a number of negative health consequences; therefore, if there aren't any recovery-specific benefits to be derived from consumption of simple sugar post-workout, why do it?

The importance of quick replenishment of carbohydrates

The less-fit athlete or the one who *has not* been putting some carbs back into his or her body shortly after exercise sessions has very limited muscle glycogen available, perhaps as little as 10-15 minutes worth.

The fit athlete or the one who *has* been consistently refueling his or her body with carbohydrates immediately after exercise can build up a nice 60-90 minute reservoir of this premium, ready-to-use fuel.

Which would you rather have when the gun goes off – 15 minutes of on-board fuel or 90 minutes? The answer should be pretty obvious.

RULE #1 – *As soon as possible after you finish your workout, before you get into the shower or before you kick back on the couch, consume approximately 30-60 grams of high quality complex carbohydrates.*

PROTEIN – ESSENTIAL COMPONENT FOR RECOVERY

Carbohydrate intake promotes many aspects of post-exercise recovery, but it can't do the job alone; you need protein as well. Protein in your post-workout fuel provides these benefits:

- ❑ Raw materials to rebuild stressed muscles - Whey protein is the premier protein source of the three branched chain amino acids (BCAA - leucine, isoleucine, valine) used for muscle tissue repair.
- ❑ Enhanced glycogen storage - Numerous research studies have shown that carbs + protein, versus carbs alone, is a superior way to maximize post-exercise muscle glycogen synthesis.
- ❑ Immune system maintenance - We strongly recommend whey protein, with its high levels of glutathione production-specific amino acids (see below).



Whey is the superior protein source for recovery. Of all the protein sources available, whey protein is considered the ideal protein for recovery, primarily due to its high Biological Value (BV) rating. The BV is an accurate indicator of biological activity of protein, a scale used to determine the percentage of a given nutrient the body utilizes. In other words, BV refers to how

well and how quickly your body can actually use the protein you consume.

Of all protein sources, whey has the highest BV, with whey protein isolate (the purest form of whey protein) having an outstanding rating of 154, and whey protein concentrate having a 104 rating. Egg protein is also an outstanding high-BV protein source, with whole eggs achieving a rating of 100 and egg whites an 88 rating. Soy protein ranks far below whey protein in BV ratings with a 49 rating, making it a less desirable choice for recovery. Note: Although it might not seem logical for a protein to have a score higher than 100, at the time the BV system was introduced, eggs had the highest known BV and thus were given a value of 100. Whey proteins came to researchers' attention later, and they rang up even higher scores. The 154 BV of whey protein isolate and the 104 BV of whey concentrate are in comparison with the original BV benchmark, egg protein (albumin).

Other standards that evaluate protein quality/effect also show whey to be a superb protein source. One of these methods, the Protein Efficiency Ratio (PER), while it admittedly has limited applications for humans (PER measures the weight gain of experimental growing rats when being fed the test protein), still shows that whey protein ranks the highest, with a rating of 3.6 (soy protein has a rating of 2.1).

Another protein measurement is the Protein Digestibility Corrected Amino Acid Score (PDCAAS). Nutritionists who disqualify the PER method for classifying protein quality (because it only references the amino acid requirements for lab rats), often will use the PDCAAS method for evaluating human protein requirements. According to this method, which utilizes an amino acid requirement profile derived from human subjects, an ideal protein is one that meets all of the essential amino acid requirements of humans. An ideal protein receives a rating of 1.0. Three protein sources – whey, soy, and egg – all have a 1.0 PDCAAS ranking.

GLUTATHIONE: YOUR KEY TO OPTIMAL IMMUNE SYSTEM SUPPORT & RECOVERY

Glutathione is a tripeptide consisting of the amino acids glutamic acid, cysteine, and glycine. It is one of the three endogenous (naturally occurring in the body) antioxidants, the other two being catalase and superoxide dismutase. Many researchers rate glutathione as the number one antioxidant. Ward Dean, MD, a leading nutritional scientist, in his brilliant article *Glutathione: Life-Extending "Master Antioxidant,"* (www.vrp.com/art/1181.asp?c=1153774033109&k=/vrpsearch.asp&m=/includes/vrp.css&p=no&s=0) addresses the importance of glutathione,

stating that "Glutathione is present in nearly all living cells, and without it they can't survive... glutathione has major effects on health at the molecular, cellular and organ levels."

One of the steps we can do to improve our recovery is to enhance/optimize body levels of this important antioxidant, and one of the best ways to do that is by consuming whey protein. Whey protein contains excellent levels of all three of the amino acids that comprise glutathione, as well as high levels of the sulfur-containing amino acid methionine. The two sulfur-containing amino acids (cysteine being the other) are particularly important for proper immune system function and the body's production of glutathione. In addition, the amino acid glutamine has also been shown to help raise glutathione levels (note: Both Hammer Nutrition whey protein products – Hammer Whey and Recoverite – contain high amounts of glutamine). Other nutrients boost body levels of glutathione, and I'll discuss those below.

Bottom line: Adequate glutathione in the body will enhance your recovery and support optimal health.

**Hammer Whey/Recoverite vs. Hammer Soy
A comparison (approximate amounts per gram of protein) for glutathione production**

AMINO ACID	Whey protein	Soy protein
Cysteine	32 mg	13 mg
Methionine	20 mg	12.5 mg
Glutamic Acid	162 mg	186 mg
Glutamine	333 mg	10.5 mg



**BRANCHED CHAIN AMINO ACIDS
(BCAAs) – THE ESSENTIALS FOR MUSCLE
TISSUE REPAIR**

Of the nearly two-dozen different amino acids required by humans, nine are classified as "essential" because they cannot be synthesized by the body and must be derived from external food sources. Among these nine essential amino acids are the branched chain amino acids leucine, isoleucine, and valine. The term "branched chain" refers to the molecular structure of these particular amino acids. Up to 75% of the body's muscle tissue is composed of these three amino acids, and they are directly involved in the tissue repair process. BCAAs are present in all protein-containing foods, with whey protein being the best source.

**Hammer Whey/Recoverite vs. Hammer Soy
A comparison (approximate amounts per gram of protein) of BCAA (branched chain amino acids)**

AMINO ACID	Whey protein	Isolate	Soy protein
Leucine	102 mg		72 mg
Isoleucine	62 mg		44 mg
Valine	54 mg		49 mg

After all the comparisons are made, soy protein is certainly an excellent protein source for a variety of health benefits. However, when it comes to enhancing recovery between workouts – maximizing glycogen synthesis, supporting immune system function, and rebuilding lean muscle tissue – you simply won't find a better protein source than whey protein isolate.

RULE #2 – After your workouts, consume 10-30 grams of protein, preferably whey isolate, along with your complex carbohydrates.

**ANTIOXIDANTS – YOUR IMMUNE
SYSTEM'S AMMUNITION**

Our bodies need antioxidants to protect us from the damaging effects of free radicals. Free radicals (of which there are several types) are unstable atoms or molecules, usually of oxygen, containing at least one unpaired electron. Left unchecked, free radicals seek out and literally steal electrons from whole atoms or molecules, creating a destructive chain reaction. Excess free radicals, in the words of one nutritional scientist, "are capable of damaging virtually any biomolecule, including proteins, sugars, fatty acids and nucleic acids." Dr. Bill Misner writes, "Oxygen has the capacity to be both friend and foe. When energy fuels are metabolized in the presence of O₂, 5% of them create molecules that contain an odd number of electrons. If free radicals are not neutralized by on-site antioxidant body stores immediately, tissue damage occurs to absolutely every cell

membrane touched by these imbalanced molecular wrecking machines. Some theorize soreness and stiffness result because free radicals and waste metabolites build up during either prolonged or intense exercise. The more volume oxygen that passes into our physiology for energy fuel metabolism, the more increased free-radical-fatigue symptoms may be experienced."



Those words should sound the alarm bells loud and clear, because as an athlete you consume huge amounts of oxygen and metabolize far greater amounts of calories than a sedentary person. This means you're generating free radicals on the order of 12-20 times more than non-athletes! Additionally, during periods of highest training volume and racing stress, free radical production increases even more. While the benefits of exercise far outweigh the potential negatives caused by free radicals, excess free radical production and accumulation, if not properly resolved, may very well be the endurance athlete's worst foe. The human body can oxidize and decay, like rusting steel, from excess free radical production. Not only can this negate everything you've worked so hard to achieve in your training, but it can also result in severe consequences to your overall health. Clearly, the necessity of neutralizing excess free radicals simply cannot be overstated, which is why supplementation with a variety of antioxidants is recommended.

- ❑ Antioxidants in Recoverite – Cysteine*, Methionine*, Glutamic Acid*, Carnosine
- ❑ Antioxidants in Premium Insurance Caps - Beta Carotene, Vitamin C*, Vitamin E, Zinc, Selenium*, Manganese

- ❑ Antioxidants in Race Caps Supreme – Coenzyme Q10, Idebenone, Vitamin E, Trimethylglycine
- ❑ Antioxidants in Mito Caps – Vitamin C (as ascorbyl palmitate)*, Vitamin E, Acetyl L-carnitine, R-alpha Lipoic Acid*, DMAE (Dimethylaminoethanol), PABA (Para Amino Benzoic Acid)
- ❑ Antioxidants in Super Antioxidant - Enteric Coated Super Oxide Dismutase, Grape Seed Extract*, L-Glutathione*, Ginkgo biloba, Gotu kola, Vinpocetine

**glutathione precursors and/or glutathione boosting nutrients*

RULE #3 – Consume antioxidant-rich foods and take antioxidant supplements throughout the day, targeting primary intake post-workout.

POST-WORKOUT/RACE FUELING & ANTIOXIDANT SUPPLEMENT PROGRAM

Days with workouts less than 90 minutes:

- ❑ Premium Insurance Caps: 4 capsules (of the 7 in a packet). Take the other three with food at another time during the day.
- ❑ Race Caps Supreme: 1 capsule
- ❑ Mito Caps: 2 capsules
- ❑ Super AO: 1 capsule
- ❑ Recoverite: 1 serving (2 scoops) – *Alternate possibility:* 30 grams of carbohydrates (fruit, frozen fruit) + ½ scoop of Hammer Whey (9 grams protein) mixed with cold water in a blender

Days with workouts in excess of 90 minutes:

Premium Insurance Caps:

- ❑ Athletes weighing less than 150 pounds or any athlete under the age of 20 - 4 capsules (of the 7 in a packet). Take the other three with food at another time during the day.
- ❑ Athletes weighing more than 150 pounds - 1 full packet (7 capsules). Split another full packet into two doses taken at other times of the day with food.

Race Caps Supreme:

- ❑ Athletes weighing less than 150 pounds or any athlete under the age of 20: 1 capsule
- ❑ Athletes weighing more than 150 pounds: 1-2 capsules

Mito Caps: 2 capsules

Super AO: 2 capsules
Xobaline: 1 tablet dissolved sublingually (under the tongue) – This

will help replenish vitamin B12 and folic acid, both factors in the re-synthesis of RNA, the basis for cellular reproduction. Recent research suggests that improving RNA status within the body results in gains in lean muscle mass, increased mitochondrial resynthesis, and other benefits. When this occurs, you may expect increased energy capacity, improved metabolism, and enhanced recovery after exercise. In addition, the folic acid/vitamin B12 combination is vital for healthy red blood cell production and cardiovascular health, via the reduction of elevated homocysteine levels.

www.hammernutrition.com/guide

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Recoverite: 1-3 servings (2-6 scoops) as determined by you, based on your weight and intensity/duration of your training session. – *Alternate possibility:* 30-60 grams of carbohydrates (fruit, frozen fruit) + ½ - 1¾ scoops Hammer Whey (9 – 31.5 grams protein) mixed with cold water in a blender.

More detailed information about proper fueling and all the Hammer Nutrition products can be found in *The Endurance Athlete’s Guide To Success*. You can download a free copy at

Guidelines for Fluid Replacement

Time	Type	Amount	Comments
24 hours before training and competition	Cool mineral water and/or sports drinks*, frozen fruit pops	To maintain hydration	Limit alcohol, caffeinated drinks, and excess dietary fiber
2 hours before training and competition	Cool water*	16 – 20 oz	Sports drinks that are 4-8% (14 grams per 8 oz) carbohydrates; 1 gm/kg body weight glycerol in 1.5 L fluid
10-15 minutes before training and competition	Cool water*	Up to 2 cups	As tolerated (test your system during training)
Every 10-15 minutes during exercise	Cool water and/or sport drink*	4 – 6 Oz, 25-30 grams carbs every 30 minutes. 0.5-0.7 grams sodium/liter water for every 1 hour+ events	Sport drink with electrolytes for hot weather, up to 1 gram sodium/hour for ultra-endurance athletes
Immediately after exercise	Water and/or sweet fluids*	2 cups for each pound lost (up to 150% of total fluids lost)	Limit caffeine, alcohol, plain water or sweet fortified drinks; drink until you are regularly urinating and the urine is clear (however, vitamin supplements will make the color darker).

* Drinks should be 59-72 degrees F and flavored to promote fluid replacement

Source: Some sports nutrition book!

Foods that Are Good for You

Apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smooths skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothens skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothens skin	Stops scurvy
mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothens skin

Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothens skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothens skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

Race Schedule





Race length	Name	Location	web site
April			
10 mile RUN	Cherry Blossom 10 miler	DC	www.cherryblossom.org
Sprint	Angels Race Sprint	Lynchburg, VA	www.set-upinc.com
½ Iron	Kinetic Half	Spotsylvania, VA (Lake Anna)	www.set-upinc.com
Sprint	Kinetic Sprint	Spotsylvania, VA (Lake Anna)	www.set-upinc.com
May			
Sprint	Smith Mountain Lake	Huddleston, VA	www.set-upinc.com
½ Iron	White Lake Triathlon	White Lake, NC	www.set-upinc.com
Sprint	White Lake Triathlon	White Lake, NC	www.set-upinc.com
½ Iron/Sprint	NJ Devilman	Millville, NJ	www.piranha-sports.com
Oly/Sprint	Luray International Triathlon	Luray, VA	www.set-upinc.com
Sprint	Ocean City Triathlon	Ocean City, NJ	www.lmsports.com
½ Iron	Odyssey Off-Road Nissan Xterra	Sherando Lake, VA	www.oarevents.com
Oly	Columbia	Columbia, MD	www.tricolumbia.org
2 Mile SWIM	Reston Lake Swim	Reston, VA	http://www.restonmasters.org/2miow.html
June			
Sprint	Breezy Point Tri	Norfolk, VA	www.breezypointtri.com
Swim	Chesapeake Bay Swim	Stevensville, MD	www.lin-mark.com
½ Iron	Eagleman	Cambridge, MD	www.tricolumbia.org
Oly	Escape from Ft. Delaware	Delaware City, DE	www.lin-mark.com
Sprint	Marathon Sports Tri	Middletown, DE	www.lmsports.com
Sprint	Charlottesville Sprint	Charlottesville, VA	www.cvilletriathlete.com
Oly (0.5 sw) & ½ Iron	Tinman Triathlon	Tupper Lake, NY	www.tupperlakeinfo.com/tinman/
Sprint	Bath County	Warm Springs, VA	www.set-upinc.com
Oly & ½ Iron	MedExpress Mountaineer	WEST VIRGINIA !	www.mountaineertri.com/index.php
Iron	Ironman Coer D'Alene	Core D'Alene, ID	www.ironmanidaho.com
Sprint	Virginia Run Sprint Triathlon	Manassas, VA	www.finswheelsfeet.com/
Oly	Philly Triathlon	Philadelphia, PA	www.lin-mark.com
July			
Oly	Xterra East Championship	Richmond, VA	www.xterraplanet.com
Oly	Diamond in the Rough	Perryville, MD	www.piranha-sports.com
Oly	New York City Tri	New York NY	www.nyctri.com
Oly	EMS Off-Road Tri	Cumberland, MD	www.ex2adventures.com/
Sprint & Oly	New Jersey State Triathlon	Princeton, NJ	www.lin-mark.com
Sprint	3Sports Triathlon	Richmond, VA	www.set-upinc.com
Iron	Ironman USA	Lake Placid, NY	www.ironmanusa.com
Sprint	Staten Island Tri	Staten Island, NY	www.lin-mark.com

On the Web: Sites of Interest to TriCATs

http://feeds.feedburner.com/CyclingNewsAndViews	Podcast of cycling news and views
www.bikebiz.com	Latest news from the world of cycling. Download their magazine!
www.bikeforall.net	Everything you wanted to know about cycling
www.cyclefilm.com	Online shop for cycling DVDs

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

Gadgets and Gifts

 <p>NON-SEE VACUUM FORMED NYLON PADDING WITH CLOSED CELL FOAM 710MM X 770MM X 235MM</p>	<p>What: Hard Shell Wheel Bag</p> <p>Title: Bigfoot Wheel Case</p> <p>Cost: A lot! http://www.bigfootbags.com.au/bike.htm</p> <p>Why: If you are shipping your wheels anywhere you don't want a soft bag!</p>
	<p>What: Rust Inhibitor for Steel Frames</p> <p>Title: JP Weigle's Framesaver Rust Inhibitor</p> <p>Cost: \$15 from http://www.bikemannetwork.com/biking/p/LU7500</p> <p>Why: Many mountain bikes (and older road bikes) have steel frames. Use this on the inside of the frame (and elsewhere) to prevent rust. Will keep your frame going longer.</p>
	<p>What: Air flow monitor for optimum drafting while on a bicycle</p> <p>Title: PrimeAire Draft Indicator</p> <p>Cost: \$130 from http://www.primeaire.com</p> <p>Why: PrimeAire Draft Indicator accounts for wind direction, wind velocity and forward velocity while you ride, so you can find the optimum location behind your competitor. This feat of athletic engineering will teach you to save precious energy as you draft your way to victory—as long as you are in a draft legal race!</p>
	<p>What: GPS Unit for Cycling</p> <p>Title: Garmin Edge 305</p> <p>Cost: Around \$300 from various online dealers</p> <p>Why: For advanced cyclists, the Edge 305 comes packaged with a heart rate monitor and/or wireless speed/pedaling cadence sensor to provide valuable feedback. In addition, the Edge 305 incorporates a barometric altimeter for extremely accurate elevation and vertical profile data.</p>

2007 TriCATs Sponsor Directory

Here are the sponsor relationships the Club has for 2007. This year we welcome Conte's Bikes in Balston where their shop opened only a few months ago. We also have a new relationship with Bonzai Sports, the premier triathlon specialty store in the area. TriCATs Mary and Al Delaney are new this year as well as they launch their coaching services business with Rehab to Racing. The Club is also very appreciative of the continuing support with our returning sponsor's from The Old Town Massage Center, Positively Chiropractic, Principle Fitness, and The Therapeutic Massage Center which recently changed its name but has the same talented staff.

Sponsor	TriCATs Member Benefits
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>
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>
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>
Conte's Bicycle and Fitness Equipment 3924 Wilson Blvd. Arlington, VA 22203 703-248-9600 http://contebikes.com	15% off of accessories 5% off bikes 10% off bike fits <i>Come on in! We don't like to say no!</i>
Bonzai Sports Bonzai Sports 2826 Fallfax Drive Falls Church, VA 22042 703-280-2248 http://tribonzai.com	10% off of accessories 10% off bikes 5% rebate to TriCATs for ALL web sales <i>NOVA's Premier Triathlon Specialty Store</i>
Therapeutic Massage Center Circle Towers Office Building 9401 Lee Highway Suite 102 Fairfax, VA 22031 http://www.tmcfairfax.com/	10% off the hour massage price <i>Activating stabilized movement patterns through therapeutic exercise and massage</i> (Please be aware that you will need to schedule in advance as we are often booked out 2-6 weeks depending on the time of year.)
Rehab to Racing Mary and Al Delaney (703)409-3844 1330 Summerfield Drive Herndon, VA, 20170 www.rehabtoracing.com coachmary@rehabtoracing.com coachallen@rehabtoracing.com	Mary and Al are medical professionals and USAT level I certified coaches. Their goals and expertise are helping injured endurance athletes get back to racing and to assist older athletes to achieve their goals. Rehab to Racing offer's the following discounts on their coaching services: Regular evaluation is \$250 discounted to \$150 for TriCATs. The monthly training schedule fee for normally \$150 and for Club members it is \$125
Hammer Nutrition www.hammernutrition.com	Hammer has generously donated sample products to the Club for 2007. Hammer products be purchased with your discounts at Bonzai and Conte's.

TriCATs Discounts

Firms that are not club sponsors, but give discounts to TriCAT members.

<p>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</p>	<p>10% discount off everything in the store; free PRR Dri-Release T- shirt with shoe purchase (1 per customer); free video gait analysis; discounted training programs including in-person, coached track workouts.</p>
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