



CAT TALES

Summer 2007

www.tricats.org

Volume IV, Issue

Should You Stress or Should You Rest?

With race season in full swing nothing can be more inconvenient than to have your body not firing on all cylinders. We want to keep training and racing. A recent article at <http://www.trainright.com/articles.asp?uid=1708&p=1699> gives some sage advice:

- ❑ **If the sickness is above the chin, you can still train.** Examples include: head colds, sinuses, mild headaches, etc.
- ❑ **If the sickness or illness is below the chin, don't train.** This could be anything from strep-throat, to body aches, fevers, nausea, diarrhea and so on—basically, your entire body is sick, so rest up and get some extra sleep. Be sure you stay hydrated and eat (if you can). Your body's expending a tremendous amount of energy and liquids to fight the sickness.
- ❑ **If your body feels OK and you just lack motivation, use a good warm-up to find your groove.** Take 15–20 minutes to warm up and make the first half of it easy. Then throw in some short, hard effort (15–30 seconds long) in the latter half. You want to be perspiring by the end of the warm-up. Now take stock: Feel good? Keep training. Feel "bad"? Then just go easy for the rest of the workout, or head back home for a nap. A sour mood is a signal that you need more rest. Pay attention to it.
- ❑ **If your body aches and you just feel like you can't train, a nap is a much better idea.** Your body is a smart thing. Listen to it.

So listen to your body. Train smart and race safely.



Columbia Triathlon Swim

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Capital Area Triathlon Club

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Mark Your Calendars:

August 12: TriCATs picnic
MiniTris: July 1, July 29, August 12



President's Corner

Jenn Brown
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Well CATs, summer is finally here! I will keep this short so that you can spend more time riding outside and less time reading this column.

The racing season is in full swing, and it was great to see so many TriCATs race and support at the Columbia Triathlon in May. Many thanks to Mary Pickering and Mark Mullen for hauling a tent and providing post-race refreshments as well as much-needed shade and protection from the rain! Keep an eye out for the TriCATs tent/support crew at some of our biggest races this summer including Eagleman, Montclair, North East and Annapolis. Please use the tent to store your pre/post clothing, meet up with family, rest your legs or meet some new faces.



In the past, TriCATs have taken a break from our monthly membership meetings during the months of June-August. Given racing schedules and the desire to train outside in the evening, it seemed to make sense to give people their Tuesday evenings back. What doesn't make sense, though, is that the summer is the BEST

Summer Mini Tris

July 1 - July 29 - August 12

Location: Ravensworth Pool.
\$7.50 members/\$10 non-members
<http://www.tricats.org/minitris.php>

time for us to welcome new members and potential new members to check out our club! So...(drum roll), we will continue to meet throughout the summer of 2007. Meetings will be less formal and more social and we hope to see as many of you as we did at our "schwag give-a-way" meeting in May! Speaking of schwag. You can continue to pick up your free TriCAT socks and race belt at any event where the tent or BOD is present!

Also, grab your calendars right now and pencil in this summer's club picnic on August 12th. Details will be posted soon!

This year's BOD continues to work towards encouraging members to take "ownership" of this club. Due to the transitory nature of this area and the sport, our membership dynamics have certainly changed since the club first met. Change can be intimidating but also exciting, as it means new opportunities, new faces and new "firsts". The success and longevity of our club is completely up to all of us, its members. I encourage us all to figure out what we enjoy most about being a TriCAT and share it with others. Think about what you'd like to see different and change it! See an opportunity to get more involved and volunteer for it! But most of all, show off your support for YOUR club. BE A TRICAT.

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

Jenn



Relationships • Service • Understanding

Each of these coaches has different skills, knowledge and a style to meet you where *you* are. They work with beginners, middle-of-the-packers, and age group winners. Short course, long course and on-road athletes. While each is a very accomplished athlete in their own right, they have the understanding to help you achieve the most important goals— *YOURS!*

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Starting an Exercise Routine

An Anonymous Internet Posting

This is dedicated to everyone who ever attempted to get into a regular workout routine.....

Dear Diary:

For my fifty-fifth birthday this year, my wife (the dear) purchased a week of personal training at the local health club for me. Although I am still in great shape since playing on my college tennis team 35 years ago, I decided it would be a good idea to go ahead and give it a try.



I called the club and made my reservations with a personal trainer named Belinda, who identified herself as a 26-year-old aerobics instructor and model for athletic clothing and swim wear. My wife seemed pleased with my enthusiasm to get started!

The club encouraged me to keep a diary to chart my progress

MONDAY

Started my day at 6:00 a.m. Tough to get out of bed, but found it was well worth it when I arrived at the health club to find Belinda waiting for me. She is something of a Greek goddess - with blond hair, dancing eyes and a dazzling

white smile. Woo Hoo!! Belinda gave me a tour and showed me the machines. She took my pulse after five minutes on the treadmill. She was alarmed that my pulse was so fast, but I attribute it to standing next to her in her Lycra aerobic outfit. I enjoyed watching the skillful way in which she conducted her aerobics class after my workout today. Very inspiring!



Belinda was encouraging as I did my sit-ups, although my gut was already aching from holding it in the whole time she was around. This is going to be a FANTASTIC week-!!

TUESDAY

I drank a whole pot of coffee, but I finally made it out the door. Belinda made me lie on my back and push a heavy iron bar into the air -- then she put weights on it! My legs were a little wobbly on the treadmill, but I made the full mile.

Belinda's rewarding smile made it all worthwhile. I feel GREAT-!! It's a whole new life for me.

WEDNESDAY

The only way I can brush my teeth is by laying on the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia in both pectorals. Driving was OK as long as I didn't try to steer or stop. I parked on top of a GEO in the club parking lot. Belinda was impatient with me, insisting that my screams bothered other club members. Her voice is a little too perky for early in the morning and when she scolds, she gets this nasally whine that is VERY annoying.

My chest hurt when I got on the treadmill, so Belinda put me on the stair monster. Why the hell would anyone invent a machine to simulate an activity rendered obsolete by elevators? Belinda told me it would help me get in shape and enjoy life. She said some other crap too.



THURSDAY

Belinda was waiting for me with her vampire-like teeth exposed as her thin, cruel lips were pulled back in a full snarl. I couldn't help being a half an hour late, it took me that long to tie my shoes. Belinda took me to work out with dumbbells. When she was not looking, I ran and hid in the men's room. She sent Lars to find me. Then, as punishment, she put me on the rowing machine -- which I sank.

FRIDAY

I hate that bitch Belinda more than any human being has ever hated any other human being in the history of the world. Stupid, skinny, anemic little cheerleader. If there was a part of my body

Photos

A big thanks to Dan Hicok for the photos from the 'Girls on the Run' race, and to Mary Pickering and Jen Marquardt for the Columbia Triathlon photos.

I could move without unbearable pain, I would beat her with it. Belinda wanted me to work on my triceps . I don't have any triceps! And if you don't want dents in the floor, don't hand me the *%@!wxy %*#!@)& barbells or anything that weighs more than a sandwich. The treadmill flung me off and I landed on a health and nutrition teacher. Why couldn't it have been someone softer, like the drama coach or the choir director?

SATURDAY

Belinda left a message on my answering machine in her grating, shrilly voice wondering why I did not show up today. Just hearing her made me want to smash the machine with my planner.

However, I lacked the strength to even use the TV remote and ended up catching eleven straight hours of the Weather Channel.

SUNDAY

I'm having the Church van pick me up for services today so I can go and thank GOD that this week is over. I will also pray that next year my wife (the bitch) will choose a gift for me that is fun -- like a root canal or a vasectomy.

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, champagne in one hand - strawberries in the other, body thoroughly used up, totally worn out and screaming "WOO HOO - What a Ride!"



Broadband Video for Cyclists

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If you are a fan of bicycle racing, the growing trend in web video will be of interest. Web sites such as Cycling.tv, the Broadband Network and World Championship Sports Network deliver on-demand content of professional cycling.

www.Cycling.tv owns Internet TV rights for virtually every ProTour race. Live broadcasts are free to viewers at a low data rate, but for \$40/yr you will receive higher bandwidth video as well as on-demand video.

www.thebroadbandracer.com has race reports, interviews, tech pieces as well as video blogs from pro racers.

www.wcsn.com focuses on Olympic sports through exclusive agreements with international federations and national governing bodies. It offers live and on-demand coverage of UCI World Cup and world championship road,

TriCats Discussion Group

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

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

mountain-bike and cycle cross-events for \$5/mo or \$50/yr.



Charity Running

Steve Reggio
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Give something back by doing what you love...

What could be better than that? You get to do what you love while helping others. This is the perfect win-win situation. How can I do this? The answer is easy; By running a triathlon for charity. Marathons have been doing it for years with great success and the idea is now moving into triathlons.

I was never a runner or triathlete. I used to think that in order for me to run, whatever was chasing me needed to be really big! But now I can call myself a runner, and in April I was able to call myself a triathlete once I completed the Kinetic Half. Like many others, I let myself go in college and afterwards well into my thirties. Two things changed that; my father passed away after a 25 year battle with cancer and my son was diagnosed with autism. I started running one mile at a time slowly building up, and then I discovered the opportunity to run the Marine Corp Marathon to benefit the Organization for Autism Research. I was hooked. I felt I had to do something to help, and this was something I could do while raising my son and going to graduate school. Since that day my life has been forever changed.

TriCATS Race Support

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

- 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.

Choosing to run a triathlon for charity may not change your life - but the money you raise may change somebody else's life. We all know the benefits of charity, but I bet you never thought that by racing for charity you can also help improve your race preparation and your times. There are a number of benefits to running a triathlon for charity for both the newbie and the competitive athlete.



For the person that is new to the sport and wants to challenge themselves, a charity fundraising effort helps you get committed. First, you have told people you are competing in this event and the more people that know about it the harder it is to back out. Second, people

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have (hopefully) donated money to your cause. You can't back out now! How are you going to tell your family and friends that you took their money and support and then backed out? Once you start your fundraising you are locked in. Trust me, that is a good thing!

For the competitive triathlete running for charity can improve your race times. Ask friends and family to donate more money if you hit a specific goal. Maybe your target is to place in the event; maybe it is simply a PR. But much like the newbie is locked in to competing, once you put a dollar figure on a time, you are locked in to making it happen.



Running for charity also makes the training and the race easier. At least it will seem that way, particularly in a longer race. Pick a charity where people suffer; such as cancer, heart disease, a Hurricane Katrina fund or any children's charity for that matter. On the day you're tired or you don't feel like training you'll think of what and who you are running for and that will push you through your session. During the race when you hit that wall you'll also think of who you are running for and perhaps say to yourself, "What the hell am I complaining about? I'm just running a race!" These people are fighting for their lives, lost everything they own or are children who should not have to deal with what they are dealing with. Suddenly your long run or tough brick just got easier and that wall doesn't look so high anymore.

Your fundraising efforts also help you to reconnect with old friends as you dig through your e-mails and your address book to find people who may donate. That high school or

college friend you haven't talked to in years, you just contacted and they are now donating to your efforts and you reconnect. It happened to me with at least 10 college friends and former work colleagues.

Another benefit to racing for charity is that many provide training and race support. Most importantly you help others who are less fortunate. While you are out doing what you love to do you can provide the funds needed to help these charities assist people in need.

How do you get started? First select a charity. many have programs in place like Team in Training, Tri for Autism and Run-Tri Together. You can also contact a charity that does not have a set program but you have a connection to. I am sure they will help you get started and will appreciate your efforts. Other organizations such as First Giving (www.firstgiving.com) provide a service where you can build a dedicated fundraising page and people can pay online through a credit card. It makes your fundraising efforts easier.

When you look at all the benefits that racing for charity provides it really makes sense, and the feeling of satisfaction that you get in not only completing the triathlon but doing it for a worthwhile cause is something that just can't be beat.



Steve has completed the 2005 Marine Corp Marathon and the 2006 LaSalle Bank Chicago Marathon to benefit the Organization for Autism Research (OAR). His efforts over the past two years has raised over \$18,000. This fall Steve will be running the Marine Corp Marathon for OAR to benefit his son and a week later will run the New York City Marathon to benefit Fred's Team for Sloan Kettering Cancer Center in honor of his father.

An Interview with Matt Braynard

Imagine a man with an internal decision-making process so rapid that he signed up for Ironman Florida within 24 hours of learning about it, despite having never even started in a triathlon in his life. Now imagine the kind of man who can train for that same Ironman on a single three-mile loop – 30 or more of them at a time, followed by multiple loops running. The same loop, literally hundreds of times over the course of the months leading up to the race. Meet Matt Braynard.



TN: Why did you pick up triathlon?

MB: On a whim! [Matt pauses, rethinking his answer, then explains when a whim isn't a whim.] I was at a Total Immersion clinic when someone told me that Ironman Florida registration was opening the next day. So I had my brother, John, sign me up as soon as it opened. It's not that I didn't carefully evaluate it, I just did the evaluation very quickly.

TN: And you'd never done a triathlon before?

MB: I signed up for Florida in October 2004 and did my first triathlon—a sprint—in May 2005. It went very very badly. I suffered a gag reflex, my times were awful and I'd never done a brick workout. That's when I decided to retain a coach specifically for training.

TN: Did you have a background in one or more of the sports first?

MB: I'd run a little bit in high school, but the coaches were essentially football coaches and the focus was on short track distances. I'd been running with Potomac River Runners since 2003. I was training for a 5k for occupational reasons and when that reason evaporated, I signed up for a marathon one week out. The coaches were not fans of snap marathons, but they told me what to do. I did my next marathon a month later and took 10 minutes off my time.



TN: How do you feel that training for and competing in triathlons has changed you?

MB: It teaches you a lot about patience. You learn a little bit more about how to push yourself, how to maximize yourself. I'm in better shape physically and I have more energy. The training is very holistic.

TN: Do you consider yourself competitive?

MB: Sometimes. Sometimes you can do things for purely fun reasons or you can get competitive about them. But if you lose perspective and it becomes too competitive, your obsession destroys your enjoyment of the activity and you grow to hate it. So I choose not to become competitive about everything. Triathlon's a careful balance right now and I need to be aware not to go over the edge with it. Right now it's all about getting disciplined, not missing workouts, going to bed early, getting up early.

TN: Are there any triathlons that you would never do?

MB: 'Never' is a strong word. My focus is on IM Florida – the course favors me since it's flat and I can get in an aerodynamic position. I do the same four races every year – Virginia Run Sprint Tri, Sallie Mae 10K, IM Florida and the Shamrock Marathon. They work together with my year's training very well and I like having a baseline to improve on.



TN: What is the single most useful piece of advice that someone has given you regarding triathlons?

MB: Get a good coach. You never get any good at anything without someone helping you. Margie Shapiro is my primary coach. I'm very grateful and appreciative to all of my coaches and I want to make sure I have an opportunity to mention them: Ray and Cathy Pugsley from Potomac River Running, Terry Laughlin from Total Immersion, John Flannagan and Anne Svensen, the swimming coaches at Tuckahoe.

TN: Do you do everything she says?

MB: I do my best to do everything she says. I'm not just trying to be a good triathlete. I'm trying to be a good rider, runner and swimmer.

TN: What's your favorite training route in the DC area?

MB: Haines Point. I trained for IM Florida on it. There are so many advantages. There is very little traffic and what traffic there is, is slow and aware of riders. I have an aid station at my car every three miles and somewhere to secure my bike while running. There are no interruptions, I can listen to my music and enjoy the changing scenery for seven or so hours.

*This interview was done by Mary Pickering.
pickeringmary@yahoo.com*

Who in the World is Mike Gillette?

TN: When and how did you get involved in triathlon?

MG: Four years ago, a 70-year-old friend of the family signed up for a sprint triathlon on the Jersey shore. His family couldn't be there so I volunteered to film it for him. The problem was that I didn't realize what I was in for. Two hours after I heard the cannon go off, I was hot and exhausted and I was just watching! About a quarter mile from the finish line, I saw my friend hobbling down the road. I jogged up closer to him to cheer him on. Soon after I reached him, he switched gears and sprinted toward the finish line. Since my goal was to film his finish, I took off after him. You know what? I never caught him. I had to film him crossing the finish line from behind. It was then that I decided I needed to get in shape.

TN: What keeps you training?

MG: The next big race staring me in the face.



TN: What have been your favorite races or events, so far?

MG: Stone Harbor Triathlon at the Jersey Shore and Columbia

TN: What are your race goals for this season?

MG: Improve all of my times from last year by 5%. This year I'm doing Columbia, General Smallwood, Reston, Lake Montclair, Nation's Triathlon, Virginia Run, Islandman (NJ), and Stone Harbor (NJ.)

TN: How do you support your triathlon habit? What do you do in your other life?

MG: My triathlon habit is 100% supported by my freelance video projects. I produce

government video and documentaries by day, but my freelance work pays for my tri-related expenses.

TN: Do you have a family and are they active, too?

MG: My wife is active but she doesn't like to wake up until 10 a.m. on weekends so triathlon is not the sport for her. My daughter is a budding triathlete who was the first female in the 4-year-old and under "mascot races" in Stone Harbor, NJ.



TN: Tell me one thing about yourself that would surprise our readers.

MG: Without an upcoming race to train for, I don't really like to swim, bike or run. With a race on my calendar, I love them all. That's why I packed my schedule this year. Last year, I felt unmotivated when I had to go longer than a month between races. This year I have one or two races a month and I am really looking forward to the season.

TN: Do you have any race day traditions or superstitions?

MG: If I film a triathlon and I include a shot of someone doing something ridiculous, that same thing will happen to me. As an example, I included a shot of a guy wiping out as he attempted to dismount at T2. Then at the Nation's Triathlon (duathlon), I wiped out at T2. I once showed a frazzled triathlete run into the water, solo, after missing his wave start. Funny stuff. The next race, I was busy stretching and I noticed my wave take off without me. I was then the one who looked foolish as I scampered to the water!

TN: What advice do you have for beginning triathletes?

MG: You are your only competition. No one else matters.

TN: Do you have a favorite triathlete-either famous or not-yet famous?

MG: Shaundra Richardson. She is a great local triathlete with an incredible love for the sport. She spends most of her time introducing others to triathlon and helping them reach their goals. *(Editor: Shaundra is also the race director and founder of the Montclair Triathlon.)*

TN: Mike was the guy (or one of the guys) behind the video camera at the Lake Montclair Triathlon and the Girls on the Run races in 2006.

Hey Mike, since you're doing Montclair this year, are you going to race with the camera?

Interview done by Mary Delaney:
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I Want to Ride my Bicycle ...

www.Quickrelease.tv has created a YouTube competition site for posting short videos on the topic of 'I want to ride my bicycle.' Think of the videos as TV adverts extolling the virtues of bicycling to a mainstream audience. They are light on Lycra. No techie stuff. No Critical Mass protest vids. No art installations. Just great images of cycling that could make Joe and Joanna Public get out there and ride...for the sheer fun of cycling. Check it out at:

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

I had to laugh at the 'Mountain Biking in Uganda'. There are a number of brightly colored mountain bikers who look quite out of place against the locals who use the bicycle as a means of moving goods.



While many don't seem to be fully in accordance with the goals of the competition, check out 'The Rampers et le Soleil' at <http://www.youtube.com/watch?v=eBMWqbs00yM>

This celebrates the joy of cycling—which is what got many of us into triathlons!

Staying Safe on the Roads

Bob McEnaney

Reprinted with permission from

<http://www.ultrafit.com/newsletter/april07.html>
#AA

Have you ever been hit by a car? Has a car ever pushed you off the road? Have you ever "come close?" A long-time employee of one of my client athletes was running recently and was struck and killed by a passing car. Her name was Trudi; she was 30 years old and her story is a tragic one.



We don't like to think of the risks we face when we're out on the roads, but they are consequential and very real.

Most of us must fit our training time around the rest of our busy lives. Often, that means working out either early in the morning when it may be dark, or later in the evening when traffic is heavy. While we're often very in tune with our workout, we must also be aware of the special

risks involved—risks that we rarely think about, but that are omnipresent.

Do we ever think about what can happen if we go outside unprepared for the traffic, for the low light conditions or for what may be going through the minds of passing drivers with whom we share the road? This is an immensely important aspect of our training and should *not* be taken lightly.

While cars and trucks are generally courteous and willing to share the road, that's not always the case. Drivers can be distracted, in a hurry or simply not paying attention, which can be extremely dangerous for us as we navigate the roadways with them. We also have to keep in mind that drivers aren't used to seeing runners and riders on the road during the spring months, so they may not be looking out for us—yet another reason to be extra cautious!

So keep these "rules of the road" in mind every time you get outside.



Cyclists:

- Your most important requirement is to *ride a straight line*. Don't weave side-to-side, as this makes drivers nervous and might cause them to panic. Pick your line and make only slight corrections; this point is absolutely critical and is a skill that must be practised, especially early in the season. If the road is dry and traffic is light, practice riding with your wheels on the white fog line. This strip is about 4 inches wide and is great practice for riding a straight line. If you can't ride the fog line, ride as straight as you can by keeping your eyes focused far out in front of the bike.
- Ride only on the right-hand side of the road.
- Stay on the shoulder as much as possible and as far to the outside as practical.
- If no shoulder is available, stay as close to the edge of the road as you are comfortable with.
- If there is no shoulder and the road drops off quickly or if the road is rock or gravel, leave yourself a little cushion between your wheel and the edge of the road.
- Don't ride two abreast if there is no shoulder.

- If riding early or late in the day, keep the angle of the sun in mind. At certain times, it may be very difficult for a driver to see you, so don't take any chances.
- In dark or low-light conditions, make sure that your bike is equipped with lights, and that you are wearing reflective clothing.
- Obey all traffic signals and signs.
- If a driver does honk, shout obscenities or give you an obscene gesture, ignore it and ride on. Do not get confrontational. You'll lose every time.



Runners:

- Wear reflective clothing in dark or low-light conditions.
- Run on bike paths or off-road when possible.
- If you must share the road with vehicles, run on the left-hand side of the road, so that you are running against traffic. Never run on the right side of the road with vehicles coming up behind you.
- If running early or late in the day, keep the angle of the sun in mind. At certain times, it may be very difficult for a driver to see you, so don't take any chances.
- Try to run with another runner whenever possible. This is especially true for women.
- Obey all traffic signals and signs.

Also, always carry some form of ID with you. We never want to think the worst, but the worst can and does happen. One great way to carry identification is to visit <http://www.roadid.com/id.asp?referrer=2258> and pick one that's right for you.

Any time we're out on the road and in the elements, strange things and accidents *do* happen, and many times things are out of our control. Therefore, we must always be vigilant and control the aspects of our activity that are in our control. So work hard, have fun and be safe.



Bob McEnaney has successfully trained and coached hundreds of athletes to great performances and personal records for over 30 years. He is certified by USA Triathlon and USA Cycling, as well as a certified personal trainer through the National Academy of Sports Medicine. Bob lives outside Saint Paul, Minn. and may be reached at bobmccenaney@yahoo.com.

Race Report: Florida 70.3 Triathlon

Mary and Al DeLaney
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So...let's go to Florida to visit our friends that are retiring there and we can do this little race together, for old times' sake. Heck, it's just a little 70.3 in May....a training race with a number.

Well, the best laid plans soon change and our friends ended up not moving until much later, and they both had back surgery in February. So, here we are doing the race by ourselves, along with 1998 of our closest friends. This isn't a race we would normally do. We tend to shy away from the big name (read WTC) races due to over-the-top application fees and often difficult logistics. So true to form, the parking lot was about 3 miles from the transition area and the bikes had to be racked the night before, body marking opened at 4:45 am, with the first wave going off at 6:20 am. There was the option of staying at the Wilderness Resort, which was in Disney, and walk to transition, but the nightly rack rate was about \$250.

The Expo was very good. Lots of new clothes to buy and gadgets to try. Danny Abshire was there with his new company, Newton shoes, and he was doing a land-office business. (If you aren't familiar with these shoes, they are for mid- and fore-foot runners.) They are not available in retail stores yet. Check out their website: www.newtonrunning.com.

M: Race morning...in my book, the worst part of a triathlon. 3:30 am alarm clock. Coffee. Bagel with peanut butter. Banana. Yogurt. Check the tri bag once more. Sprinkle in numerous pit

stops. Drive to the parking lot. Board the bus. Transition. Body marking. Who has put another bike on our rack? What is this 20-something guy doing on our W 50-54 rack? Being the self-appointed "rack Nazi" I tell him that he has his bike on the wrong rack. He says his rack is too crowded. I assure him that this rack has now become too crowded, as well, and he needs to move it. (I can only imagine what was going through his mind...probably nothing printable.)

A: Transition was predictably huge, but there weren't many of us "old men" so there was plenty of space on our rack. Our start was at 6:27 with about 150 of our companions and as we began the swim we were immediately set upon by a flock of pelicans masquerading as prehistoric pterodactyls. All the splashing must have made them think that this was an early morning breakfast offering. Believe me, as you take that breath of air, a pelican swooping 3-4 feet overhead looks like a pterodactyl!



M: For the past year, I have been working hard on improving my swim time. Katie Davison has been coaching me and I have been swimming with the Worldgate Masters. I hoped to do something good in the swim. (I have not been out of the swim ahead of Al for several years, and since we were in the same wave, I would see if I could do it...not that we are competitive, you understand.) I felt so strong the whole way, passed a lot of people, wishing I had started farther forward in our wave. As I exited T1, I passed Al's rack, and his bike!

The lake was nice, about 82 degrees and the sun rose just as we rounded the last turn on the generously marked course and headed toward the swim finish. Swim times suggested that the course may have been 250-300 yards long, but we all swam the same course. The run from the water to the bikes was about 300 yards over sand, chips and grass. Carpet had been laid, which made the running a bit easier, but I

always have my trusty flip-flops anytime there is a long transition run.



We easily found our bikes, as we were racked by a large tree, very near the bike start. Quick no-wetsuit T1 and we were off!

Out on the road, we soon realized that the carefully mapped out course we had driven the day before was nothing like what we were riding. This was actually for the better, as the road surfaces were good, the roads were much less busy, and there were a few more hills thrown into this otherwise-flat course. The police and the volunteer support was fabulous! Traffic control was flawless and at several intersections the sheriffs were holding up LONG lines of cars to let the bikes through. There were 3 bottle hand-offs, including one run by the St Pete Mad Dogs Tri Club...of course, the pirate theme with beach music! We carry 3 bottles during a race of this distance, so we don't usually need replacements, but there were plenty of volunteers with Gatorade, if you did.

The wind kicked up during the second half of the ride, which made the course more challenging, but the breeze felt pretty good on this sunny, 84 degree day. The bike leg rules for this race were not the usual USAT rules. The biggest exception was that riders needed to be 4 bike lengths apart, not 3, as in USAT races and if you were cited for a violation, you had to spend a time penalty in the next penalty tent or "sin bin" before you could continue the race. Although we had heard about wholesale drafting in Ironman- brand races, the referees seemed to be very serious about controlling the drafting on the course. There were referees in cars and on motorcycles. One guy on a motorcycle was taking video, and as a group of riders cheerfully rode by waving to the camera, the ref came up behind with his red card drawn, cheerfully citing all in that group for drafting.

M: I was trying diligently to maintain 4 bike lengths. I had a drafting penalty about a year ago (ok, I admit it), and had no desire to experience that again, much less spend a little time in the sin-bin. At about 30 miles I was overtaken by a peleton that must have had 20-25 riders. As they came by me, some riding 2 and 3 abreast, I sat up and slowed to let them go by...all the while yelling at them about

cheating and drafting and other expletives. One guy said, "yea, ain't it sweet?" Just about then, I came to know that there is a triathlon god. I heard the motorcycle, just as the last of them went by me. I looked over to see the ref with his red card out, saying "you, you, you" as he passed the riders in the peleton. I could not be sure, but I thought he cited me as well. I said, "me, me, me?" and off he rode. I was so mad! So, I decided that I would stop at the next penalty tent and make sure that if he did cite me, I paid my dues, lest I get DQ'd. Amazingly, 2-3 miles down the road the ref had stopped at a corner. I pulled over and asked him if he had thought I was with that group and that I wasn't and...he said, "no, I didn't cite you." Well, GOOD, because I wasn't drafting! Yup, triathlon gods rock!



Since there hasn't been much warm weather in Virginia yet, we were very happy to both come in under 3 hours!

Now came the 3- 4.3 mile run loops through the Fort Wilderness . It was 60% trail and 40% paved road with very little shade. We love trail, but this trail was a rough and rutted spoil bank between the drainage ditches for the Disney resort. It was a tough run! But, there were aid stations nearly every mile with ice, Gatorade, Coke, gel, bananas, oranges, porta-potties and lots of encouraging volunteers! I was anxious to see how I would do on this run, after having bad foot problems during the Cherry Blossom 10 miler in April. My feet were so sore during and after that run, I seriously thought my running days were history. We ordered the new running shoes from Newton, with their revolutionary forefoot padding. They had been great in training runs and I hoped that they would do as well for me racing. I did pretty well until the last loop, when the uneven terrain finally got to me and I slowed to a snail's pace. But, with more even footing, I know I will be much more successful.

A: After going through the first mile of the run under 8:30, I said, "self, this was supposed to be a training run with a number." After a few cramps, which vanished with a handful of Enduralytes and most of my run bottle, I settled down to a nice run and watched the scenery go by. One nice thing about running with 2000 of your friends is that there is every kind of body type you could imagine and one thing I have learned is that you damn sure can't look at somebody and tell how fast he or she will be out there. Folks were starting to suffer with the heat and I stopped several times to ask fellow competitors if they needed help.

Things were going well until the third loop when two guys in my age group started messing with my head. Each time I would slow at an aid station it seemed that they deliberately stopped to drink, only to run briskly by me on either side as we were leaving the aid station. After their third trick, I decided that the training run was over and that wasn't going to happen again. So back I went into "race mode" for the last 2 miles. It felt good in the early afternoon heat to reach out and touch that space again, between racing and heat stroke!

I was pretty happy at the finish line, as my "training race with a number" turned out to be my second fastest time at this distance. And, I was only 5 months out from knee surgery. After waiting a few minutes for Mary at the finish line, the race photographer snapped a picture of us with wide and very happy grins on our faces!

Al was 12/41 with a finish time of 5:51 in 55-59 AG and Mary was 8/25 at 6:15 in 50-54 AG.

Race Report: Liberty to Liberty Triathlon

Chris Bennett
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The 2007 Memorial Day Weekend was memorial for me as I participated in the New York – Philadelphia 'Liberty to Liberty' triathlon. This is a unique challenge in several ways. Firstly, there are the logistics as one starts at Battery Park in New York for the swim, connect with your bike in New Jersey, and then find your running gear in Philadelphia. Adding to this is a 1 mile swim in the Hudson river, 91 miles of cycling, finishing with a 10 k run.

The logistics of the race was challenged further by the refusal of my race crew (comprised of my long suffering wife Lis) to drive into New York city. She had visions of being lost forever in the Big Apple. So we compromised by driving to Highlands in New Jersey and catching the ferry across to New York. The bike ride start was near by so one way or the other we would hopefully meet again in Philadelphia.

In preparing for the race one had to visualize what was needed where. The organizers provided you with four bags. At registration you dropped off: (1) Your bike and the gear you would ride with and (2) Your running gear. Hopefully (1) would be waiting for you in New Jersey and (2) in Philadelphia. Bag (3) was for your swim gear. This was put empty inside bag (4) which was for what you planned on wearing after the swim. Confused yet? The theory was that upon exiting the swim you would take off your gear, store it in Bag 3 and then put on Bag 4.

The pre-race meeting spent a lot of time on the logistics of the race, reminding people what to put where. The biggest worry was one of current. We were told that the swim was timed so that the current would be travelling with us. However, one prescient individual noted that

they were told the same thing last year when some 125 of the 150 competitors were pulled from the water due to the current being against them and heavy winds creating waves. The organizer assured us that such a thing would not happen again as they had hired a specialist to advise them.

I was worried about turning over my bike but they were very well prepared. There was a moving van to carry the 150+ bikes and each was carefully wrapped and stored. The bags were treated less carefully, but at least they kept the two piles apart.

We assembled at Battery Park on the southern end of Manhattan Island at 06:15 on Sunday morning. They said the water was 62 degrees—when we got in it was more like 58 degrees so the two people without wet suits were either tough or crazy. Actually, probably both since all of us were crazy to swim in the Hudson.

We noted that the detritus in the river was moving downstream which suggested that the current was not going to be behind us. However, they assured us that it would turn any minute and not to worry. We entered the water in sequential order for a massed start. As I was number 15 I had a dreadfully long and numbing wait until everyone was in.

Finally we were off and it was the most chaotic swim start I have ever had. It felt like all the 150 competitors chose to be in my space. They swam over me, elbowed me, slapped me, etc. Afterwards, one fellow commented that it was



worse than Lake Placid Ironman so I felt validated.

The swim was, in a word, horrible. I just could not get into my rhythm. The combination of the current, the waves, and having to continually worry about being bashed was not conducive to focusing on one's technique. I also had to make sure to keep my mouth shut as much as possible—every triathlon I swallow some water but being the Hudson I didn't want some exotic disease. Adding to the fun was the flotsam and jetsam in the river: sticks, bags, etc.

Several times I stopped swimming to get my bearings and try to work out what was happening. I knew that things weren't going well when a kayaker came over and asked if I needed to be pulled. I told him that I may not look that elegant but I would make it. After an eternity I ended up at the marina and was given a time of just over 45 minutes. In theory that was the cutoff time. However, somehow I had managed to place 56th—just outside the top third—which shows that I wasn't the only one to suffer.

I found my bag with my warmup clothes that I had turned in before the swim and jogged back to the hotel where my wife Lis was waiting. I was very numb so enjoyed a quick hot shower and some food. We then checked out and hot footed it down to the ferry which left at 8:30 for Atlantic Highlands NJ.



In NJ we found our bikes neatly racked with our bike bags next to them. The logistics were working well! It was interesting to see the array of bicycles—usually a good indicator of the seriousness of the competitors. There was one fellow with a Cervelo P3 carbon, with disc wheels and even an aero helmet. I thought to myself I hope he knows how to use it (he did: he won the triathlon). At the other end were a number of duffers.

The ride was broken into three parts. Firstly, we did an 11 mile 'prologue' at about 15 mph from the ferry to a local college. Then we did a 76 mile ride (as in 1776—you Americans surely got this one!) to Camden NJ. This was done as a time trial with each rider leaving at 10 second

intervals based on your place in the swim. From Camden there was a 4 mile non-timed ride to the Philadelphia Art Museum.

The prologue was fun. It was nice to ride in a bunch and chat with other triathletes. We seldom get the privilege of doing this. The police escorted us through the area, eventually getting us to our time trial start point.



I was concerned to find that my wife Lis was not in sight. However, when I called her she reported that she had found a fair/crafts market and was having too good a time to rush to the start and that she would catch me up later. I thought this was great as I often feel guilty about dragging her to all these races (let alone being the TriCat Newsletter proof reader!). She used the Visa card to good effect so I figure I've got a few races up my sleeve before I feel guilty again.

The ride was through rural NJ. It was my first time in the area and all I had ever heard about the state was negative comments. I must say that it was a beautiful area we rode through, with rolling countryside, lovely towns and great scenery.



My usual race strategy is to try and roll in each rider ahead of me and this worked well. Starting off 56th, I passed 46 over the 76 miles. For the most part there was good traffic control, although towards Camden it petered out. There were three water stations along the way which

we had to pass through, and I found Lis at the first one. She was also enjoying motoring through the countryside and so both of us had a nice day.

Towards Camden I passed one rider who was begging for a Gatorade. I gave him one of my spares. I had been using Endurolytes so had no problems at all with the weather which was sunny and about 90 degrees. **Sponsorship Note:** Hammer is one of our club sponsors. If you have not tried Endurolytes give them a go—I'm an absolute convert.

There were two other riders and as we entered Camden we decided to ride together. Not meaning to cast aspersions on my host country, but Camden represents the epitome of American urban blight. One of the riders was a woman and she commented that she would not have ridden through there on her own. It was really bad, in my experience second only to Gary Indiana in terms of a place not to be visited.

Once we clocked in we took our bikes up to the bridge and crossed over to Philadelphia. Lis followed in the car and thanks to our trusty GPS was able to find her way to the run start/end. We cycled over to the museum and racked our bikes, donning our running gear that was waiting for us.

Since transitions were not timed one could hang around for a while but I wanted to do this as a serious race so I grabbed some Gatorade and headed out on the run. It was 92 degrees and sunny. I now know how toast feels. We ran along the river and the first 1.5 miles was without shade. I suffered. At each station I hydrated well, both inside and outside. On station even had a water sprayer—oh bliss! I put on my walkman to motivate me (I know—against the rules) and just focused on making it to the next mile. It was very hard work. Anyway, I survived and was surprised with my run time of 8:32 miles.



After the race I found Lis who helped me by pouring water over my head to cool down. I was definitely overheated. It was interesting because two days later I did a recovery run at the same

8:30 pace and my heart rate was 20 beats/min lower!



Then she noticed a fountain across the road. I was in for that—and this proved later to be a very popular stop for runners.



Once I had recovered a bit I found that I was 9th overall and 1st in my age group. My best race ever! I celebrated by doing the Rocky thing—running up the stairs. Lis, who was not indoctrinated on the culture of Rocky didn't get it, but was willing to trudge to the top of the stairs anyway to get the photo.



So ended an interesting and challenging race. It is one of the more unique triathlons and I'm glad that I did it. I saw some beautiful new

scenery and the PR was a nice plus as well. So if you are not planning anything special for Memorial Day 2008 consider the Liberty-to-Liberty Tri. I just hope that they get the current in the Hudson right for you!

Race Report: XTERRA Miami

Jenn Brown
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April 1, 2007 (no joke!)
Oleta State Park, Miami, FL
Finish: 3:14:23 (2nd in AG)

I had signed up for XTERRA Miami months ago 1) to do something fun to celebrate my B-day and 2) to race in an XTERRA series race that might score me as many points as possible (in order to qualify for Nationals in September).

The weather was perfect (maybe a tad too hot), and helped to create an island-like race venue. As I commented to my coach and racing companion, Eric Sorensen, a number of times, I felt as though we were racing through the set of Pirates of the Caribbean, and if someone with an eye-patch had jumped out at us during the bike/run, I wouldn't have even blinked. The water was gorgeous and the breeze just enough to make the run in the hot sun bearable. Oleta State Park sits in North Miami, just across the inlet from Sunny Isle. It was absolutely amazing to see the intricate (and challenging!) trail system that had been built within the park...over 15 miles of trails in an area not much bigger than Wakefield.

Despite the fancy banners and XTERRA logos everywhere, it was a VERY local race in only its second year. Gomez (race director) and his small crew did a fantastic job in creating a course I would have thought only Jim Harmon could have concocted (see description of run below) :)



Previewing two-thirds of the course on Saturday was probably the best thing I could have done, as I had NO idea what I was in for. A 1:30 minute video on youtube.com had given me some idea of the twists and turns, but the

technicality of the course was nearly overwhelming. I ended the pre-ride having survived only one crash that left me with a swollen knee and nasty raspberrry (as well as a bruise under my other knee that I wouldn't even notice until race morning). It was one of those stupid wipe-outs from taking a downhill too fast and my back tire washing out, leaving me tangled under my bike and with just enough fear and doubt to make the rest of my riding that day tepid. Otherwise, I was riding well and excited about the race, and true to XTERRA, it isn't mountain biking unless you leave a little bit of skin on the course. Eric pre-rode the rest of the trail system and reported "I'd be fine" (famous last words). He also told me that I'd DEFINITELY need to pace myself and save my energy for the last third. Probably his more sage advice of the weekend.

Race recap:

Swim - Eh, it was ok. Nothing great. But then again, I never expect my swims to be spectacular. The water was gorgeous, warm and very salty. Was happy not to get bitten by an alligator, and happy not to be last one out. Swim was a 500m loop, ~150m beach run, 500m loop and ~150m beach run to transition. That's a lot of running in neoprene. Came out of the water 1st in my AG.

Bike - 12 miles of VERY challenging trails. The entire course was covered in either roots that looked like spider webs or hundreds of small, white, coral rocks. Or both. Note to self: those will HURT if you fall. Further note to self: Try not to fall. As with every XTERRA, the race was filled with FABULOUS people. There aren't many road tris where a guy will come up behind a woman on the bike and say, "hey there, I'd like to pass whenever you get a chance. No pressure...just when you have some room I'll pull around." That's the type of racers in XTERRA. The course was almost entirely singletrack, covered on either side by crazy, "killer" ferns, gnarly trees and bushes or steep slopes, making it nearly impossible to pass. The first 2/3rds I'd previewed the day before went by fast, and it was great riding stuff I hadn't been able to get over the day before. The field spread out very quickly (considering there were few people to begin with) so I spent the majority of my ~2 hour ride by myself. Each of the 20+ trails had not only a fun name associated with it (such as Kitchen Sink, Gilligan's Island, Wicked, Dragon's Tail), but were rated similar to ski trails (Green Circle - novice, Blue Square - Intermediate, Black Diamond - Advanced). The last 1/3 was almost all black diamond and not nearly as fun. I had paced myself as Eric suggested, but the riding was still tiring. I'd already seen one girl DNF so I rode simply to survive. In my opinion, XTERRA is as much about surviving as it is about speed. The chances for mechanicals or crashes that will force you to DNF are much greater than your typical road tri. (I'd DNF'd XTERRA Rocky Gap

last summer from a crash and was determined not to let that happen again.) I was off my bike (and running with it) a lot during the last 30 minutes, but running was faster than lying on coral rocks.



Run- eh....Run/Swim/Run/Swim/Run/Swim/Run) - 5 miles in the Southern Florida sun....luckily we had spoken to Andrew (XTERRA Series dude) the day before and were prepared for the uniqueness of the run. I left T2 with a guy I'd ridden in with, feeling great. We ran side-by-side for about 1/2 mile, not saying a word (just heaving in sync). It was a great pace and just fast enough to get my legs back under me. Arrived at the first water crossing. Not a stream...or puddle. A river crossing (as in you couldn't touch the bottom).

you from getting dragged downstream by the current) and was ~50m. Swimming in sneakers is hard, but running in soaking wet trail shoes...even harder. I pulled away from my running partner after the 2nd swim and basically ran the rest of the 5 miles without seeing a soul. Picked off two women a few AGs above me, two men that had passed me on the bike and two relay teams. The majority of the run was on mtb trails we hadn't ridden and were like running through a rainforest. There was one more inlet crossing around mile 4.5, and then a 200m run down the beach to the finish.

With a time of 3:14, I placed 2nd....out of three. First place went to a girl with my same b-day (year included), against whom I'd later have to compete in a 2:00 push-up contest for a \$25 gift



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certificate. I gave up after 30 seconds and 23 push-ups. It was challenging to race against such a small field (especially when you don't see any of them), a tougher bike course than I ever could have imagined, but an overall great experience. I left Miami with 67 points, which felt even better than the 2nd place medal. Mission accomplished!

I am definitely going back to Miami next year...and hope many of you will join us!

Nutrition Guide

Our new sponsor **Hammer Nutrition** have an excellent guide to optimizing your nutrition during training and races. It can be downloaded from:

<http://www.hammernutrition.com/downloads/fuelinghandbook.pdf>

So, fully dressed, sneakers and all, we dove in and SWAM to the other side (~25m). Back on the trail, we ran again together to the second river crossing. This one had a tow rope (to keep

Graduation Day

Liza Dunham
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May is the month for graduations! Graduations from high school, from college, from grad school and so on. I too have been through graduations - once in 1987, again in 1990 and yet again in 2000. I thought I was done with graduations, until this year's Columbia Triathlon. Since the beginning of 2006 when I first began triathlons and met my first Tricats, I've been claiming I'm a newbie. This year, on May 20th, I graduated from newbie status to a bona fide tri athlete!

The Columbia Triathlon in 2006 was my first 'real' triathlon. Real in the sense that I wasn't swimming in a pool, the bike distance was well marked and a true 41k and the run, well, we all know what the run is like. I would love to say I enjoyed the experience but in truth, the race really bugged me. I got spanked in transition and on the bike course finishing 18th in my AG. I really thought I would never, ever do that race again. It just wasn't that fun.

So 2006 rolls on. I find myself doing my first Xterra, my first 24hr Adventure Race, my first 1/2 IM, etc. Along the way, I take full advantage of every single free clinic, workshop, and hosted ride. You name it; I was there - learning everything I could about how to do stuff. Registration for Columbia 2007 rolls around as well, look what happens? I sign up for the darn race again. Why would I do that since I didn't really enjoy it the first time? The reasons are simple: everyone else does it and I didn't want to be left out of the fun and quite frankly, I really had a bone to pick! 18th in my AG - I can do better than that!

May 20th, 2007 - That day, I'm feeling really headstrong - not necessarily strong physically, but really headstrong in the sense that I know I can do better than last year and that I REALLY WANT to do better than last year. This feeling was totally new to me. Never in my miniscale tri-life had I done the same race twice, the same distance twice or even the same format twice. This was my first chance to see if adding aero bars, riding the course a million times and training through-out the winter (not to mention actually following a plan - thanks Eric S.) would pay off.

Pre-race - I certainly wasn't as nervous as last year. I was doing this race with 4 super friends who were all on hand to offer support. I didn't let all the really nice equipment and super fit women on my rack get me distracted either (well, maybe I was a little intimidated!)



Swim - seemed ok, not a real party, although far less cold than expected due to newly purchased full wetsuit.

T1 - I could hardly breathe and stand coming out of the water. Not a good sign. It had me worried. Found rack easily and transitioned well. Last year, I changed my wardrobe several times and had no idea what I was doing. Several bikes on my rack were already gone, but I was racing against myself so who cares, right?



Bike - seemed fine until the end when I got passed by a couple of women. I felt fine - guess I wasn't pushing hard enough? I always get passed on the bike - what am I doing wrong? Nothing to do about it now - I'll get them on the run!

T2 - fine except my rack must have had all the top 5 finishers. All the bikes were back and my transition towel was completely turned over. Spent a few minutes looking for my socks, put one on backwards, but what can you do about that. These women are whirling dervishes.

Run - I had run a 128mi relay 3 weeks before on a technical, hilly trail. Heck - what's a 10k compared to that? Last year, I held back my pace. This year, I definitely hit it a bit harder - could have gone harder.

Race finish - I get my medal, go up to the Tricats tent, casually sit and chat with a few folks and go on about my business not really thinking about the results and feeling pretty normal. I knew I had done better than last year but hadn't really done any assessment yet. Finally, I walk up the hill with my pals and check out the results and realize, gosh, I'm in the top 10 in my AG!!! Actually #9 - now that's huge! I'm shocked, I'm stunned, it's no podium finish,

but I shaved off ~15mins from last year. WOW!!!

Our club has so many podium finishers. We truly love giving out the kudos for winning amazing and truly gruelling races. However, in my little mind and in my little world, I was up on stage on May 20th having completed a race that earned me my diploma and graduation status from newbie to a real tri athlete!!

So to all those who also worked hard during 2006 and found yourselves nudging up a few spots at Columbia, a great big CONGRATULATIONS! I know I'm joining all the veteran tri athletes who read this - it feels pretty darn cool! Happy graduation everyone!

Post-Exercise Acidity

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<http://www.ultrafit.com/newsletter/april07.html>
#AA

The following is an excerpt from Dr. Loren Cordain and Joe Friel's book, The Paleo Diet for Athletes.

During exercise, body fluids shift increasingly toward an acidic state. There is also evidence indicating that as we age our blood and other body fluids become increasingly acidic. This tendency toward a lowered pH with aging when combined with exercise creates a cumulative effect resulting in a disturbingly lowered pH (increased acidity). But regardless of age, if this acidic state following exercise is allowed to persist for some period of time, the risk of nitrogen and calcium loss is greatly increased. The reason for this is that the body attempts to control the acidic tendency by releasing minerals into the blood and other body fluids that have a net alkaline-enhancing effect, thus counteracting the increasing acidity. Calcium from the bones and nitrogen from the muscles meet this need.

The problem is that in neutralizing the acid this way we give up valuable structural resources. You're essentially peeing off bone and muscle as the body struggles to keep pH in a healthy range. While cannibalizing tissue in this way is necessary from a strictly biological perspective, this is an "expensive" way to solve the problem from an athletic perspective. For while body fluids may be chemically balanced in this process, future performance and even health may well be jeopardized as muscle and bone are compromised.

Research has shown that fruits and vegetables are the only foods that have a net alkaline-enhancing effect. The accompanying table demonstrates the acid- and alkaline-enhancing effects of various foods. The foods with a plus (+) indicate increased acidity. The greater the

plus value the higher the acid effect. Those foods with a minus (-) value decrease the acid of the body fluids in direct proportion to their magnitude. So by using fruits and juices, which have a net alkaline-enhancing effect (reduced acidity), in your recovery drink you are doing more than merely replacing carbohydrate stores; you're also potentially sparing bone and muscle.

Acid/Base Values of Food (100-gram portions)
(From Remer and Manz - J Am Diet Assoc 1995; 95:791-7)

Acid Foods (+)		Alkaline Foods (-)	
Grains		Fruits	
Brown rice	+12.5	Raisins	-21.0
Rolled oats	+10.7	Black currants	-6.5
Whole wheat bread	+8.2	Bananas	-5.5
Spaghetti	+7.3	Apricots	-4.8
Corn flakes	+6.0	Kiwi fruit	-4.1
White rice	+4.6	Cherries	-3.6
Rye bread	+4.1	Pears	-2.9
White bread	+3.7	Pineapple	-2.7
Dairy		Peaches	-2.4
Parmesan cheese	+34.2	Apples	-2.2
Processed cheese	+28.7	Watermelon	-1.9
Hard cheese	+19.2	Vegetables	
Gouda cheese	+18.6	Spinach	-14.0
Cottage cheese	+8.7	Celery	-5.2
Whole milk	+0.7	Carrots	-4.9
Legumes		Zucchini	-4.6
Peanuts	+8.3	Cauliflower	-4.0
Lentils	+3.5	Potatoes	-4.0
Peas	+1.2	Radishes	-3.7
Meats, Fish, Eggs		Eggplant	-3.4
Trout	+10.8	Tomatoes	-3.1
Turkey	+9.9	Lettuce	-2.5
Chicken	+8.7	Chicory	-2.0
Eggs	+8.1	Leeks	-1.8
Pork	+7.9	Onions	-1.5
Beef	+7.8	Mushrooms	-1.4
Cod	+7.1	Green peppers	-1.4
Herring	+7.0	Broccoli	-1.2
		Cucumber	-0.8

Race Schedule

Ole Villadsen
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Race length	Name	Location	web site
June			
Sprint	Breezy Point Tri	Norfolk, VA	www.breezypointtri.com
Sprint	Pocomoke Triathlon	Pocomoke City, MD	www.active.com
Mini-Tri	Manassas Mini-Tri	Manassas, VA	www.triitnow.com
Sprint	Little Pepper Triathlon	Culpeper, VA	www.setupevents.com
Sprint	Bath County Triathlon	Warm Springs, VA	www.setupevents.com
Sprint	Yorktown Sprint Triathlon	Yorktown, VA	www.setupevents.com
Oly	Escape from Fort Delaware® Tri	Delaware City, DE	www.piranha-sports.com
Mini-Tri	Escape from School® Youth Tri	Bear, DE	www.piranha-sports.com
Swim	Chesapeake Bay Swim	Stevensville, MD	www.bayswim.com
½ Iron	Eagleman	Cambridge, MD	www.tricolumbia.org
Sprint	Marathon Sports Tri	Middletown, DE	www.lmsports.com
Sprint	Charlottesville Sprint	Charlottesville, VA	www.cvilletriathlete.com
½ Iron	Tinman Triathlon	Tupper Lake, NY	www.tupperlakeinfo.com/tinman/
Oly/½ Iron	MedExpress Mountaineer	WEST VIRGINIA !	www.mountaineertri.com/index.php
Iron	Ironman Coer D'Alene	Core D'Alene, ID	www.ironmanidaho.com
Oly	Philly Triathlon	Philadelphia, PA	www.lin-mark.com
Oly	Lake Montclair Triathlon	Montclair, VA	www.finswheelsfeet.com
July			
Oly	Xterra East Championship	Richmond, VA	www.xterrplanet.com
Du	Blackwater Traverse	Cambridge, MD	www.tricolumbia.org
Oly	Diamond in the Rough®	Perryville, MD	www.piranha-sports.com
Oly	Seagate Pittsburgh Tri	Pittsburgh, PA	www.piranha-sports.com
Oly	New York City Tri	New York NY	www.nyctri.com
Oly	Colonial Beach Triathlon	Colonial Beach, VA	www.active.com
Oly	EMS Off-Road Tri	Cumberland, MD	www.ex2adventures.com/
Oly	Charlottesville International Tri	Charlottesville, VA	www.cvilletriathlete.com
Sprint/Oly	New Jersey State Triathlon	Princeton, NJ	www.cqievents.com/cqiracing/
Sprint	3Sports Triathlon	Richmond, VA	www.setupevents.com
Iron	Ironman USA	Lake Placid, NY	www.ironmanusa.com
Sprint/Du	Philadelphia Women's Tri/Du	Philadelphia, PA	www.cqievents.com/cqiracing/
August			
Sprint	Culpeper Sprint Triathlon	Culpeper, VA	www.setupevents.com
Sprint/Oly	Luray Triathlon	Luray, VA	www.setupevents.com
Sprint	Lums Pond Triathlon & Youth Tri	Bear, DE	www.piranha-sports.com
Mini-Tri	Summer Super Sprint Tri	Manassas, VA	www.triitnow.com
Sprint	Ryka Iron Girl Triathlon	Columbia, VA	www.tricolumbia.org
Oly	The North East Triathlon	North East, MD	www.cqievents.com/cqiracing/
September			
Oly	Annapolis Triathlon	Annapolis, VA	www.tricolumbia.org
½ Iron/ Sprint	Patriot's Half & Lady Patriot Triathlon	Williamsburg, VA	www.setupevents.com
Oly	Big Lick Triathlon	Huddleston, VA	www.setupevents.com
Oly/Sprint	General Smallwood Tri	Gen Smallwood Park	www.setupevents.com

Race length	Name	Location	web site
½ Iron / Sprint	Delaware Diamondman® Triathlon	Bear, DE	www.piranha-sports.com
Sprint	Cape Henlopen Tri and Du	Lewes, DE	www.piranha-sports.com
Sprint	Patriot's Triathlon	Bath, VA	www.piranha-sports.com
Oly	Make-A-Wish Sea Colony Triathlon	Bethany Beach, DE	www.tricolumbia.org
Iron	ChesapeakeMan Ultra	Cambridge, MD	www.tricolumbia.org
½ Iron	SavageMan Triathlon	Deep Creek Lake, MD	www.savagemantri.org

On the Web: Sites of Interest to TriCATs

www.crossfit.com	Site with a range of very challenging workouts
www.sportsinjuryclinic.net	Excellent information on sports injury treatment and prevention
www.yogatoday.com	Free daily HD hour long yoga session delivered to your computer

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

Gadgets and Gifts

	<p>What: Detergent</p> <p>Title: Assos Active Wear Cleanser</p> <p>Cost: \$17 from www.assos.com</p> <p>Why: Designed to be used with delicate sports gear</p>
	<p>What: Road Bicycle Fitting Kit</p> <p>Title: Bike Fit Kit</p> <p>Cost: \$35 from www.bikefittingkit.com</p> <p>Why: To improve your cycling performance you should have your bike properly fitted. If you can't afford a specialist like Eric Sorensen this is your next best alternative. Be aware—it is for road bikes. Tri and mountain bikes have fundamentally different fits.</p>
	<p>What: Non-GPS Watch for Speed-Distance-Calories</p> <p>Title: TECH40.COM Accelerator Watch</p> <p>Cost: \$59 from www.amazon.com</p> <p>Why: Advanced accelerometer technology provides highly accurate readings of a user's speed, distance, and caloric expenditure via a simple wrist watch sensor, eliminating the need for funny looking foot pods or belt clip sensors. Accelerometer technology is 95+% accurate, and much more dependable than traditional pendulum type (ball bearing) pedometers.</p>

	<p>What: Portable power meter for cyclists</p> <p>Title: Microsport Power Meter</p> <p>Cost: \$500 from www.microsporttech.com</p> <p>Why: A new way of measuring power while cycling. Force sensors inside the shoes measure how much pressure is being applied to the pedals. Claims to be within 5% of torque based products like PowerTap, for under half the price—and it can be used with more than one wheelset.</p>
	<p>What: Waterproof MP3 Case</p> <p>Title: Aquapac MP3 Case</p> <p>Cost: \$40 from http://www.aquapac.net/usstore/#590X822</p> <p>Why: Totally waterproof – recommended by kayakers – this will save your MP3 player from the elements.</p>
	<p>What: Portable Electrolyte Tablet</p> <p>Title: Zym Hydration Tablet</p> <p>Cost: \$24 for 3 tubes from www.gozym.com</p> <p>Why: If travelling a lot more convenient than carrying powder.</p>
	<p>What: Bicycle mounting system for Garmin Forerunner</p> <p>Title: Garmin Quick-Release Bike Kit</p> <p>Cost: \$25 from http://shop.garmin.com/accessory.jsp?sku=010%2D10889%2D00</p> <p>Why: Makes it easier to use your Forerunner in a triathlon. The kit comes with a wrist strap and a bike mount. You simply snap the Forerunner head unit in and out of the wrist or bike mount when transitioning between sports. Option B is to use the \$10 polar mount at: http://www.heartratemonitorsusa.com/Pages/ACCESSORIES/bike-mount.html and Option C the \$12 Suunto: http://www.suuntowatches.com/Suunto-Bike-Mount.pro</p>

TriCATs Sponsor Directory

Sponsor	TriCATs Member Benefits
Conte's Bicycles	15% off of accessories 5% off bikes 10% off bike fits
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>
Bonzai Sports http://tribonzai.com 2826 Fallfax Drive Falls Church, VA 22042 Phone: (703) 280-2248	10% off of accessories 10% off bikes 5% rebate to TriCATs for ALL web sales (does not include sale or closeout items or wetsuit rentals) Website Discount Code: tricats2007 (all lowercase)
Positively Chiropractic and Dynamic Kinesiology 5105A Backlick Road Annandale, VA 22003 (703) 642-8685 www.posichiro.com	Complimentary Sports Injury Prevention Examination; 10% off Running-Specific Orthotics. <i>Always Moving Forward</i>
Old Town Massage Center 312 South Washington Street, 3C Alexandria, VA 22314 (703) 518-8484 OTMCMassage@aol.com www.oldtownmassagecenter.com	\$10.00 off any massage of 60 minutes or longer (includes the purchase of gift certificates). Appointments are best booked in advance, especially for evening appointments. <i>Your Partner in Performance</i>
L.T. Therapy, Inc. Circle Towers Office Building 9401 Lee Highway, Suite 102 Fairfax, VA 22042 (703) 309-7624	10% off the hour massage price <i>Activating stabilized movement patterns through therapeutic exercise and massage</i>
Transitions Therapeutic Massage & Bodywork Circle Towers Office Building 9401 Lee Highway, Suite 102 Fairfax, VA 22042 (703) 385-4785 www.transitionsmassage.com barb@transitionsmassage.com	10% off each therapeutic massage session with TriCATs ID card (Please be aware that you will need to schedule in advance as I am often booked out 2-6 weeks depending on the time of year.) <i>Geared toward injury prevention, rehabilitation and recovery of the endurance athlete and chronic pain client</i>

Please support our club sponsors.