

The CAT Chronicle



Colonial Area Triathlon Club

Volume 1 Issue 2

May 2007

Schedule of Local Events:

CAT Open Water Swim Clinic – May 5, 2007

Smith Mountain Lake Triathlon – May 5, 2007

White Lake Sprint Tri – May 6, 2007

Elizabeth River Run 10k – May 26, 2007

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President's Purrings...

By Susan Boles

Hello again, fellow CATs! April was a busy one for the club! We registered with USAT, got membership cards (which will be sent in the mail to those who have paid dues), improved the website and are in the process of getting online membership signup set up.

May looks to be even more exciting! We have our first open water swim clinic on May 5th on the James River. Details are in the newsletter, or contact Chris Wells at vp@colonialareatri.org if you have any questions. The cost is \$5 for non-members and free to CAT members. The club is also planning to start biweekly open water swims on Thursdays at 5:30pm, starting May 17th. We hope to see you all there!

Our next meeting is May 16th at 7pm at Runners Source in Hilton. We'll be getting some great training tips as well as some social time to get to know one another. If you haven't already, it's also a great time to browse the shop as they add more tri gear.

We have decided that we'll be doing a big barbeque social this summer, as one of our main club events. It is in the initial phases of planning, so if you have any ideas about anything you would like to see at that event, please contact Susan O'Neal at socials@colonialareatri.org or volunteer for the social committee.

Get involved! The club is a great way to meet other triathletes, get tips from the veterans, and exchange ideas with your fellow athletes. Participate in the discussion forum, let people know when you're working out or what weekly bike ride you participate in; check in on the website and see what's changed; propose some ideas for a club social on the forum page... Anything that gets you involved will give you a better opportunity to get to know your fellow CAT members and help make us a stronger club!

Speaking of getting involved, we are looking for some volunteers to help out on the following committees:

Membership – this committee helps to recruit new members and ensures that all new members are welcomed into the club.

Susan Boles, prez@colonialareatri.org, 757-814-3071

Marketing – this committee works to find sponsors and deals for the club, as well as designing t-shirts, membership brochures, etc.

Josh Boles, sponsorship@colonialareatri.org 757-814-3341

Socials – helps to plan the social events for the club, including the summer picnic. Susan O'Neal, socials@colonialareatri.org 757-645-4770

If you are interested in getting involved in any of those committees, please contact the POC listed next to them. Until next month, happy training! ♦

**Next meeting: April 16th @ 7:00pm Location: Runner's Source
10355a Warwick Boulevard, Newport News Ph: 757-223-4970**

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Training options for multi-sport “geeks”

By Brian Roche

YES, the weather has shown a consistency towards better training opportunities. A few options to “kick” your training efforts are to look to our single sport buddies and spend time training with them. This approach can assist in motivating you, and push you some. A few things to think about:

Participating in group rides with roadies: I know what you’re saying, “I’m not riding with those anti-social geeks. They have no interest in working with me to get better.” First, let me say, we all go through a learning curve when it comes to riding. Whether you’re riding slow, fast, in aerobars, or in a group, lets take some time to explain a few of the basics on riding in a group so you can see why triathletes get nasty looks and comments when they first show up for a group ride.

One important thing to remember is that you are not riding as a triathlete if you are with a group, even if that group is all triathletes. The far majority of age group races are draft illegal so anytime you ride with others you are not really a triathlete, you are a roadie. So, let me be first to say “Welcome to the group.” Let’s ride!!!!

Things to remember when in a pack: How you ride impacts the people around you. So, if you jump in with a group you need to act accordingly. A few rules to follow include:

During a fast group ride, don't ride on your aerobars if you are part of the pace line (rotating through the group). Your bike handling skills are negatively impacted in this position and you will not be able to maneuver quickly if someone in front of you has any type of problem. You won't easily be able to shift gears, use your brakes to adjust your speed, etc. either.

There are a few RARE times you could look to ride in your aerobars. Either you are the big gun leading the train or the cyclist behind you; or, you are pacing off the back of the group with a small gap between you and the last cyclist. If either of these situations doesn't occur, stay off your aerobars.

More organized roadie groups have short pulls at the front. So if you decide to ride up front, watch a few other riders first so you figure out the rules of the group. The few situations where pulls are longer, usually means you are riding with a group of triathletes with the intention of taking long solo pulls, or with a competitive group (usually 3-4 experienced athletes) doing a slower rotation (i.e. fast speeds but taking for longer pulls).

Roadie group call signs: When riding with a group, be courteous and point out potholes or other objects in the road. Hand signals to show stops, turns, upcoming obstacles, etc. are used occasionally, but the more experienced road bikers usually don't use hand-signals.

Rotate Through the Pace line: If you decide to participate in the pace line, do not go to the

front of the rotation and then sit and hammer. What you are really doing is getting progressively slower as you reach your limit, while the group slows as well. The best practice to take are 2-3 second pulls and then move over (and slow down slightly, or soft-pedal) so the next cyclist can pull through. I guarantee you will have a better workout rotating steadily with a group of 6-8 and holding a specific speed than doing a 24-25 MPH 1 minute pull. The best practice is to rotate until everyone starts to wear down, then you can look to ride longer up front.

Be a consistent rider: You must handle your bike properly. If you are a little ‘squirrely’, cyclists will give you a hard time. You may ask why? Simply put, they don't trust you. It's probably because you are unable to maintain a steady pace, steady position, or control your bike. This can lead to an immediate and long-lasting negative effect on the other cyclists around you. Cycling injuries are no laughing matter. Take it upon yourself to learn how to pedal smoothly, how to execute and pull through a rotation effectively, and how to pull off the front properly.

Usage of brakes: Use your brakes as a last resort. If you do need to use them, only tap them. Again you ask that persistent and famous question, “why”? Why? Because someone is about 6 inches behind your wheel, and a quick, short stop will have them running into your bike. Everything you do on the bike, you must remember people are in back of you. The best option to slowing down is to stop

pedaling, sit up, flare your arms, and let the wind drag slowly reduce your pace without you needing to hit the brakes. If you have to hit the brakes, give a verbal warning to those behind you of what you are about to do.

Learn to Turn and Burn: If you want to ride with the big guns, you've got to learn to be a bit aggressive in and out of the turns. Lean into each turn, look for upcoming traffic/obstacles, and don't hit the brakes. Hold your line and accelerate out of the turn. The best way to improve this skill is work on it alone or with a buddy who also needs to improve.

Don't repeat how you may have been treated: Once

you've completed the beginner stages of riding with a group and are comfortable with your riding ability, it's your duty to become the roadie who points out problems and assists the newer riders. You don't have to be mean or insulting, just deliver the message with a smile. You should want to help new triathletes/cyclists because:

- You want them to ride well/safely so they don't inadvertently hurt you or your buddies
- You want them to understand the whole dynamic behind group training rides.
- You want them to enjoy their training and become better athletes.

Following these guidelines can help you become part of the "roadie" group, and help you become a better cyclist.

I hope you found this article informative. If you have any questions or concerns, please go to www.RTEndurance.com and submit your question. Thanks, and be safe! ♦

Brian Roche has been coaching endurance athletes since the mid-nineties. Many of his athletes have competed at state, national, and world competitions, with podium results. Remember, a knowledgeable athlete is a better athlete!

CAT's Open Water Swim Clinic

When: Saturday, May 5, 2007, 10:00AM (rain date is Sunday, May 6 at 2:00PM)

Where: James River, from Route 199 in Williamsburg take Colonial Parkway towards Jamestown, cross 2 bridges and park in the parking area on the left, 1/2 mile past College Creek (2nd Bridge).

Who: Everyone is welcome to attend!

Fee: Free to all club members, \$5 for all others.

This will be an excellent clinic for anyone who is new to triathlon or open water swimming. There will be approximately 30 minutes of discussion on open water swimming. Everything from the benefits of wearing a wetsuit to entering and exiting the water and fears associated with open water swimming will be discussed. Following a brief question and answer section we'll get into the water.

The water is shallow even far from shore and there will be safety personal on hand so we'll make sure you're safe. The water will still be pretty chilly so if you have a wetsuit please bring it. If you don't have one then we'll limit the amount of time you spend in the water.

Don't forget your goggles! If you have a swim cap please bring it but if you don't have one, we'll have a few available for anyone to borrow.

Contact Chris Wells at vp@colonialareatri.org if you need more information.

CAT Paw Prints: 2007 Kinetic Sprint Triathlon

By Chris Wells

Sunday, April 22, 2007 was sunny with temperatures rising into the low 80's. Unfortunately, the water in Lake Anna at start time for the Kinetic Sprint Triathlon was only 56 degrees, although that was a welcome upgrade from the previous day's 53 degree reading for the Kinetic Half Iron.

The chilly water temperatures provided Greg Hawkins, the race director and owner of Set Up Events, with reason enough to give the competitors an option of running 2 miles in lieu of braving the cold water. However, those who chose to take the duathlon option were not eligible for awards.

The triathlon consisted of a 750 meter swim, 18 mile bike and a 5k run. Wetsuits were optional, but highly encouraged, and most of the athletes at the starting line wore them. CAT member Chris Wells toed the starting line along with about 500 other competitors. The cold water only slowed him a little as he managed to swim the course in 14:32, bike in 54:42 and run in 22:45 with a total finishing time of 1:34:48.♦

Biweekly Open Water Swim Workouts!

The Colonial Area Triathlon Club will start conducting open water swimming sessions Thursday evenings every other week. The first session **begins May 17, 2007 at 5:30**.

The open water swim clinic will be very beneficial to anyone who plans to attend these sessions. Everyone is welcome.

Location: From Route 199 in Williamsburg, take Colonial Parkway towards Jamestown. Cross 2 bridges and then park in the parking area on the left ½ mile past College Creek (2nd Bridge).♦

CAT Toys:

**Looking for gear or to clear
space at home for new gear?
Are you a certified trainer
looking to add clients?**

**Any Colonial Area Triathlon
Club member can post
equipment/ services related
classifieds here for free!!!**

**Contact Mindy Schulz at
colonialcatnews@gmail.com**

What IS TNT Anyway?

By Chris Wells and Mindy Schulz

TNT or otherwise known as "Team in Training" is a wonderful organization which raises money for the Leukemia and Lymphoma Society while training participants to complete endurance events such as triathlons, ½ marathons, marathons and century bike rides. It offers professional training assistance, paid travel expenses to races, organization and camaraderie. TNT is great for beginners and seasoned athletes alike who want to make a difference while doing something they love.

"Team in Training" is trying to start a Peninsula Chapter and is looking for a coach and enthusiastic participants.

Anyone interested should contact Danielle Smith at Danielle.Smith@lls.org.

Colonial Triathlon Club members, Chris Wells and Carrie Digges are both currently members of Team in Training and would be happy to answer any of your questions about training with TNT.

VOLUNTEERS NEEDED!

Looking to “give back” to the triathlon community? Do you know someone who is “maybe” interested in triathlon but isn’t sure what it’s all about? Volunteering for multi-sport events is a great way to do this and introduce friends. It’s a great way to make new friends, and even help others get involved in the great energy and camaraderie that we love about triathlon!

All you have to do is find a race you might be interested in attending, and contact the volunteer coordinator listed for that race. Volunteer coordinators are always glad to have more “helpers” and the athletes appreciate your support. Plus, there is always great fun and swag to be had!

The Lady Patriot is a great race to put on your late summer volunteer schedule. Volunteer Bike and Run coordinators are still needed for the Patriot Half and Lady Patriot Triathlons during the weekend of September 8-9. If you’re participating in one of the races consider volunteering for the other.

Coordinators will receive three free entries into Virginia Triathlon Series races. Be sure to contact fellow CAT member Chris Wells at vp@colonialareatri.org for more information about being a bike or run coordinator.

Fundraising groups such as Boy Scout troops, little league teams and cheerleaders who are interested in volunteering to help out at these races will be paid for their assistance. Please contact Greg Hawkins, the race director at greg@setupevent.com for more information about fundraising group volunteers.



CAT Chow Corner

By Mindy Schulz

Here’s a great recipe for a nutritious, filling, and easy soup perfect for enjoying the summer! From The Best Ever Low Fat cookbook by Parragon Publishing.

EASY GAZPACHO

Ingredients:

- 1 small cucumber, peeled and chopped
- 2 red bell peppers, seeded and chopped
- 2 green bell peppers, seeded and chopped
- 2 garlic cloves, coarsely chopped
- 1 fresh basil sprig
- 2 ½ cups strained tomatoes
- 1 Tbsp extra virgin olive oil
- 1 Tbsp red wine
- 1 Tbsp balsamic vinegar
- 1 ¼ cups vegetable stock
- 2 Tbsp lemon juice
- Salt and pepper

1. Put cucumber, bell peppers, garlic and basil in a food processor and process for 1 ½ minutes.
2. Add the strained tomatoes, olive oil, and both kinds of vinegar and process until smooth.
3. Pour in the vegetable stock and lemon juice and stir.
4. Transfer the mixture to a large bowl. Season to taste with salt and pepper.
5. Cover with plastic wrap and let chill in the refrigerator for at least 2 hours. (You can quick chill in the freezer, just don’t let it freeze!)
6. Place ice cubes in 4 serving bowls and lade soup into bowls. Garnish with additional diced veggies if desired.
7. Great with crusty multi-grain bread!

Variation: Add 1 coarsely chopped onion with the cucumber and 1-2 seeded finely chopped chilies in step 1 for a spicier soup.

Serves 4 85 calories, 3 g protein, 11 g carbohydrate, 10g sugars, 3g fat, 1g saturated fat.