

The CAT Chronicle



Colonial Area Triathlon Club

Volume 1 Issue 3

June 2007

Schedule of Local Events:

Breezy Point Triathlon –
June 3

Yorktown Sprint –
June 10

Xterra East Championship, Richmond – June 16

Little Pepper Tri, Culpepper – June 17

In This Issue:

President's Purrings –
page 1

Coach's Corner – *page 2 and 3*

Cat Chow Corner –
page 3

Amazing Athlete Spotlight –
page 4

Paw Prints – *page 4*

Just to say thanks –
page 5

What's Up? – *page 5*

CAT Toys – *page 5*

Calling all CATs! –
page 5

President's Purrings...

By Susan Boles

Hello again, fellow CATs! This month has been an exciting one for the club. We had our first open water swim clinic, along with two of our biweekly open water swims! Our May meeting at The Runner's Source in Newport News was a success, due much in part to the graciousness of our host and the shop's owner Zach Wittkamp. I am happy to announce that CAT members receive a 10% discount at The Runner's Source now! Don't forget to show your membership card since you'll need this for your discount! And if you were at the May club meeting, please be sure to thank Zach and his staff again for their hospitality.

CAT current projects include completing and voting on our club bylaws, continuously working towards our non-profit status, and finalizing some sponsorship support. We have decided that, as one of our main club events, we'll be doing a big barbeque social in August this summer. It is in the initial phases of planning, so if you have any ideas of things you would like to see at that event contact Susan O'Neal at socials@colonialareatri.org or volunteer for the social committee. Big plans require big effort, and all support is greatly appreciated!

Our next meeting is June 20th at 7pm in Williamsburg (location TBD – please check the club website often for updates). We will be coving some valuable training information since the season is upon us, and we'll have social time to talk with other fellow triathletes.

We can't stress this enough: Get involved! :o) 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!

Looking forward to seeing everyone at our June 20th meeting! Until then, happy training! ♦

Next meeting: June 20th @ 7pm

Location: TBD (please check website), Williamsburg

President – Susan Boles	prez@colonialareatri.org	Ph: 757-814-3071
Vice President – Chris Wells	wells_cd@yahoo.com	
Treasurer – Mindy Schulz	colonialcatnews@gmail.com	Ph: 757-969-5463
Secretary – Carrie Digges	cdigges@verizon.net	
Social Director – Susan O'Neal	sk2a2005@cox.net	
Marketing Director – to be announced!		
Newsletter Editor – Mindy Schulz	colonialcatnews@gmail.com	Ph: 757-969-5463



Weight, diet and performance: variables you can control

By Brian Roche

The Tour de France is right around the corner! July 7th will kick off the 94th edition of the one of the world's biggest sporting events starting in London, England. The first week starts with flat stages where the sprinters will show their stuff with speed and courage leading the way.

But, the mountains arrive the 2nd weekend and will immediately change the dynamics of the race and the race leaders list. The sprinters will fall out of the top positions and be replaced by the "mountain goat" types that can climb with speeds that many recreational riders can only handle on a flat roads. The results of seeing the professionals climb with ease will drive many to ask themselves and their training buddies, "How can I become a better climber with the available time I have to train?" Most will compare themselves to professional riders and assume it must be by eating less, since they all have such thin builds. It is true if you weigh less and everything else is equal you should be able to climb better (This is a basic strength-to-weight ratio). The best climbers usually have 2 pounds of body weight for every inch of height. (To determine yours, divide your weight in pounds by your height in inches to find your number). For the pros it is rare to find a rider above the 2.2 pounds per inch, with most falling in around 2.1-2.15 pounds per inch.

A rough breakdown of climbing ability compared to body fat is that for every pound of excess fat shaved from your body; this saves you roughly 3 watts in a climb. Compare the same concept to running: the cost is something like 2 seconds per mile per excess pound per race. For most athletes from the endurance world, a 1-point shift in weight-to-height ratio means roughly a 5 percent loss of weight, which works out to be an average 7-9 pound loss of love handles or hips, depending on your body type. ☺

To safely complete such a task should take about two months. If you are looking to include such an effort in your training, you may look at one of your 2-3 "A" races and target the end of the two months with that race. Unfortunately, there have been few studies that target athletes looking to reduce weight.

One group did however examine this issue in an unusual approach. They compared exercising more to eating less to determine which approach was more effective in dropping excess body fat. They used six endurance athletes (males) and designed a 1,000 calorie per day deficit for seven days by either exercising more while maintaining their caloric intake, or they eat less while keeping their exercise the same. Addressing the 1,000 calorie increase in exercise, roughly 5 miles of additional running per day, the men averaged 1.67 pounds of weight loss in a week. (I know, you're saying "the heck with that approach!!!!" ☺)

So, let's look at the group that ate 1,000 less calories each day. They lost 4.75 pounds on an average per week. According to this study, the old adage that "a

calorie is a calorie" doesn't hold true. At least in the short term, restricting food intake appears to have a greater return on the scales than does increasing training workload. But, such an approach is usually the tougher method to take on. Athletes usually don't mind adding mileage (within reason), but cutting back on food is tough and doesn't always mean you are a better athlete for your effort.

Keep in mind, the scale reading may not result is being a stronger athlete. The reduced-food-intake group unfortunately lost a greater percentage of muscle mass than did the increased-exercise group. So, this approach isn't an effective way to lose weight. If the scales show you're lighter, but you have less muscle to create power, the trade-off is not a good or healthy one.

So, how can you reduce calories yet maintain muscle mass? Unfortunately, that question hasn't been answered for athletes due to a lack of scientific studies, but the question has been answered for sedentary women. Perhaps the conclusions for this study are still applicable to athletes.

In 1994, Italian researchers had 25 women eat 800 calories a day for 21 days. Ten women ate a relatively high-protein with a low-carbohydrate diet, while the group of fifteen women ate a low-protein with a high-carbohydrate diet. Both were restricted to 20 percent of calories from fat, which is an important point. Both groups lost roughly a similar amount of weight, but there was a significant greater loss of muscle with the low-protein/high-carbohydrate diet.

It appeared that when calories were reduced to lose weight, which we discussed above, is more effective than increasing training workload. The protein content of the diet must be kept at normal healthy levels.

One could assume, for an athlete to be successful in reducing body fat by adjusting caloric intake, the athlete must closely monitor protein intake. This specific approach, of course, assumes that you are consuming adequate protein in your diet before starting the diet change.

Over my many years of coaching, protein intake is not something most athletes keep an eye on as they train. When training hard, a quality source of protein should be included in every meal, as well as within 30 minutes after exercise, regardless whether you are looking to reduce body fat or not. I hope this information helps with your training!

I hope you found this article informative. If you have any concerns, please go to www.RTEndurance.com and

drop me a note. 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 Chow Corner

By Mindy Schulz

Shiitake and chicken tetrazzini

From The Mayo Clinic Williams-Sonoma Cookbook by John Philip Carroll

12 oz dried whole wheat spaghetti	1 carrot, grated
3 Tbs cornstarch	1/3 c dry sherry
1 1/2 c nonfat evaporated milk	1/8 tsp ground nutmeg
2 c canned nonfat reduced sodium chicken broth	several drops of hot pepper sauce
1/2 tsp ground pepper	3 c cooked diced chicken meat
8 oz shiitake mushrooms, thinly sliced	1/4 c whole wheat bread crumbs w/ 3 Tbs grated parmesan cheese

1. Fill large pot $\frac{3}{4}$ full of water and bring to a boil. Add pasta and cook until al dente, about 11 minutes or package directions.
2. While pasta cooks, preheat oven to 375°F. Coat a 3-qt baking dish with nonstick cooking spray.
3. In a large saucepan over medium-high heat, whisk the cornstarch and evaporated milk until blended. Add the chicken broth and pepper. Bring to a boil, whisking frequently, then reduce heat to low. Simmer, whisking frequently, until the sauce has thickened slightly, about 5 minutes.
4. Stir in mushrooms and carrot, partially cover the pan, and simmer until the vegetables are tender, about 5 minutes. Stir in the sherry, nutmeg, pepper sauce, and chicken.
5. Drain the pasta and put it in the prepared baking dish. Add the sauce and toss to combine. Sprinkle with the bread crumbs and cheese. Bake until the topping is lightly browned and the sauce is bubbling, 25-30 minutes.
6. Cool 5 minutes before serving.

Serves 6: calories – 455, protein – 39g, carbs – 58g, total fat – 5g, sat fat – 1g, cholesterol – 69mg, sodium – 388mg

Amazing Athlete Spotlight:

Contributed by Chris Wells

Jon "Blazeman" Blais

Born 35 years ago and raised in southern New England, Jonathan S. Blais has always been an elite athlete and multi-sport competitor. Given a death sentence in the form of Amyotrophic Lateral Sclerosis (more commonly known as Lou Gehrig's disease) in May of 2005, Jon accepted his diagnosis and decided to do incredible things with it. He has been waging a War on ALS since the beginning. This will be his way of dealing with it; this is how he will live out his days... fighting for research and raising awareness.

A decade prior to his diagnosis, Jon decided to move from his home in Seekonk, Massachusetts to San Diego to finish school and eventually get his Master's degree in teaching. Focusing his energy on helping kids who were emotionally disturbed and learning-disabled, Jon became a teacher at the Aseltine School. This is also where he became better known as "The Blazeman"... He did amazing work with the Asteline kids, through summer recreation programs and outdoor activities; these kids learned to overcome obstacles and become stronger through hard work and determination. When Jon was told he had ALS and subsequently only 2-5 years to live, he left the life he'd built, and the many he'd touched, behind, and headed back east. In a poignant moment once caught on film, Jon's dad Bob, was quoted as telling his son, "You're coming home to live, not to die."

Competing in triathlons for 20 years, Jon always wanted to compete in an Ironman - especially in Hawaii. Only 5 months after being diagnosed, Jon became the only individual with ALS to do so, finishing in 16:28:56. He crossed the finish line by log-rolling over it, and throughout the past year, the "log roll" has been graciously performed by countless athletes as a symbol of hope, and more importantly, as a means of raising awareness for ALS. As of the first of this year, "The Blazeman Fund" has raised nearly \$151,000 for the ALS Therapy Development Foundation. The ALS Therapy Development Foundation is a nonprofit biotechnology company discovering treatments for patients alive today. In other words, research and awareness. There have also been races and fund-raisers in Blazeman's honor that have helped collect funds.

In one short year, the devastation of ALS has taken over Jon's existence, but he refuses to let it break his will. He went back to Kona this past

CAT Paw Prints:



Gulf Coast Triathlon Race Report

By Chris Wells

The GCT is a 1/2 Ironman distance race in Panama City Beach Florida. This year's race was on May 12, 2007. At start time the water temperature was 75 and the air temperature was 74. The wetsuit legal swim in the crystal clear waters of the Gulf of Mexico was a little choppy but otherwise perfect. The heat and humidity increased rapidly during the bike and run portions of the race. Chris Wells represented CAT and finished with a PR in 6 hours, 33 minutes and 35 seconds. He looks to improve that time on June 24th at the Buffalo Springs Lake 70.3 in Lubbock, TX.♦

We look forward to seeing more of our members' accomplishments and participation mentioned in future articles!

Please contact Chris wells_cd@yahoo.com with your race results so we can honor you in our upcoming newsletters!

("Amazing" continued...)

October, not as a competitor, but as a voice for ALS and as a cheerleader; because someone did the competing for him. Brian Breen, a Chicago native who won a lottery spot, learned of Jon's battle and decided to race in his honor at the 2006 Ironman. A more emotional scene one could not imagine as Breen, the "Crazy Irishman", log rolled over that line and ran to Jon's side. They victoriously embraced each another as one more battle in the War was won. Luckily, NBC was there to "get it on film" and share it with the world. Thanks, Wooman.

The Blais' have migrated to Fort Myers, Florida for the winter. With the help of his parents, Jon does as much as his mind and body allow him to. Each day presents bigger and tougher challenges, and as fierce a bulldog as Jon is, fatigue must be setting in. When he can only sit and watch, Jon will see the Multi-Sport competitors and all of Team Blazeman, who have pledged to fight in his name, carrying on. Sit back and watch your plan come to fruition my friend. In "strength and honor," your Warrior Poets won't let you down.

-NRP07 <http://www.waronals.com/>

Just to say thanks...

By Mindy Schulz

On behalf of the entire Colonial Area Triathlon Club, we'd like to thank **Zach Wittkamp and his staff at The Runner's Source** in the Hilton shops in Newport New for their gracious support of our organization. Zach supplied great refreshments and meeting space for our May meeting, and is extending a 10% discount to all CAT members who show their card.

Zach is not only an experienced runner, and Peninsula area small business owner, but he is also a great resource on all things related to running. He and his staff go above and beyond in their interest in helping customers achieve the best shoe fit and comfort. They are also available any time you want to stop in or have questions such as running routes, specific stretches, shoe maintenance...any running-related question you can think of! They are always ready with a helpful smile and are truly a blessing to the peninsula community and our CATs!

Many thanks, Zach and staff, for your excellent support. Check out The Runner's Source in person, or online at www.therunnerssource.com.

CAT Events:

June 14 – *Open Water Swim Clinic @ 5:30pm*

June 20 – *Club Meeting in Williamsburg @ 7:00pm*

June 26 – *Club Executive Board Meeting @ Tequila Rose on rt143 Williamsburg @ 6:00pm ~ dutch dinner*

June 28 – *Open Water Swim Clinic @ 5:30pm*

Mark your calendar!!!!

1st Annual CAT Family Cookout

**Saturday, August 25th at
Chickahominy Park**

**More details forthcoming, but save
the date for food and fun!**

Calling all CATs!

As we head full swing into the race season, we all encourage you to get involved!

Whether we are racing, participating as spectators or training, we are creating a CAT presence in the triathlon community. Our club depends on growing this presence and getting more triathletes involved.

Your fellow CATs need you to help spread the word of the great community our CAT club is and be a part of what a great club we are becoming!

Contact any officer in the club if you are interested in helping in any way. Any and ALL help would be greatly appreciated!!!

CAT Toys:

**Looking for gear or to clear
space at home for new
gear?**

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