

The CAT Chronicle



Colonial Area Triathlon Club

Volume 1 Issue 4

July 2007

Schedule of Local Events:

CAT Patriot Ride –
August 11

Luray Int'l Tri –
August 18

Luray Sprint Tri –
August 19

Richmond Tri –
August 26

Patriot Half-
September 8

Lady Patriot –
September 9

Bick Lick Tri –
September 22

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President's Purrings...

By Susan Boles

This has been a great month for the CAT! The month started with handing out packets at the Yorktown Sprint Tri, and getting the word out to area triathletes about the club and our activities. We had club socials at Spectators on June 16th in Williamsburg and on July 20th at Pizzeria Uno's in Newport News, and had a blast just hanging out! Check the website for constant updates on the club goings-on: www.colonialareatri.org.

We are moving forward in our quest to become a non-profit. Mark Short, an attorney at Kaufman & Canoles has agreed to help us evaluate our bylaws and ensure that they are correctly worded to obtain non-profit status.

CAT Saturday 8am bike rides are postponed during the busy racing season but will resume. These are group rides, around 25 miles, at a B pace (15-17mph). If there is enough interest, we will also have the option to have a second, longer distance, group. We will be alternating the rides between Newport News and Williamsburg, so that everyone gets a chance to have a ride close to them.

On August 11th, we are going to host a pre-Patriot Half ride on the Patriot Half bike course. We already have 25 registered riders and expect more. More info to follow on this soon, but mark your calendars now!! Show pride in your club...

We need more CAT volunteers! Please contact me at prez@colonialareatri.org.

On August 25th, we'll have our next CAT social...the (soon to be) annual picnic! This year will be at Chickahominy Park at 3pm. Anyone attending must RSVP by August 20th with Susan O'Neal sk2a2005@cox.net.

We're working on getting club t-shirts and tri-gear, and are talking to suppliers, etc. If you want to be involved in the design, or selection process, email prez@colonialareatri.org

See you all at the meeting on August 15th or at one of the many activities we have going on!!! Happy training!!!♦

Next meeting: Aug 15th @ 7pm

Location: Villages at Stoney Run club house , Newport News

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Marketing Director – to be announced!		
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A (Rare) Letter from the Editor:

Dear fellow CAT's:

I am writing to you from the heart today, and hope you will read these words with compassion and understanding.

Your fellow CAT members are working hard to make this club a strong and successful one. But, while those members are working hard, it is always the same few faces who are working. When you consider that, since our late March interest meeting before we were actually a club, we have accomplished an astonishing amount of work in so short a time, it really is a feat. We have formed a club, written bylaws, created our business presence and are well on the way towards our non-profit certification. (This alone will open doors for possible grant funding, sponsorship, and avenues not available to other business entities.) We have also implemented regular training sessions and clinics for open water swim and group bike rides, have at least monthly social get-togethers, and are planning what we hope will be a fun yearly picnic event for our members. We have a website that is updated constantly and a regular newsletter as well. We are even hosting our first area event in August...the Patriot Bike Ride! These are just a few of the tasks and events that we have accomplished and there are many, many more ideas in the works. The point is, this club is only as strong as the strength and interest of its members. The concern is that there currently is only a handful of members at the moment who are working hard to keep this club alive and strong in hopes for a prosperous and enjoyable future. A few isn't enough.

I am sure that all of our CAT members work hard in their personal lives, not only with career, families, school, and their communities, but also by adding in the dedication and time that a training program demands. And I am sure those members who have poured so much energy into this club for all of us, are no different. And, like we all sometimes do, they get tired. It takes an enormous amount of time, energy and dedication to keep this Club running, and to split that responsibility among a few people results in a very disproportionate amount of time and responsibility for each of those individuals. They have been taking a lot of time away from their families, from their training, and from their personal responsibilities. We all want to train, spend time with our families, do a good job at work, be part of our communities... By sharing the responsibility, you help allow all members of your Club to enjoy in the fun as well. This keeps OUR Club strong, happy and healthy for everyone and will ensure a great Colonial Area Triathlon Club for everyone to enjoy.

We just need your help. Our Club needs your help. Please find some way to support YOUR CAT Club, not just with your dues, but with your time and smiling face as well. Come to events, meetings, offer input, volunteer for a task... literally, anything. Perhaps an hour or two of your time a month, if that, is all it would take. Only an hour or two, and it really would help to make our Colonial Area Triathlon Club better for you!

kindest and sincerest regards,

Mindy Schulz

Cape Henry Duathlon & Running Festival:

The Cape Henry Duathlon and RunFest will be held at Virginia Beach, VA (Fort Story) on November 17, 2007.

This event will feature Dave Scott, the Six-Time Hawaii Ironman Champion as the event Grand Marshall. Registration is now open!

The RunFest consists of 10 mile run and race-walk; and 5K run and health-walk. The Duathlon consists of 5K Run 32K Bike and 5K Run.

Join everyone Friday night for the Carbo-Load dinner with Dave Scott as the dinner speaker. He will also be conducting a performance clinic on Sunday at Virginia Wesleyan College.

Registration for the duathlon is limited to 500 and registration for the Dave Scott performance clinic is limited to 75. Secure your spot, [register now!](#)

This year, all duathletes and the first 500 Runfest participants will receive long sleeve technical shirts, water bottles and participate in the post race party.

All funds go to benefit the Friends of the Virginia Beach Juvenile Court whose mission is to overcome the challenges facing at-risk youth and their families. ♦



CAT Paw Prints:



Yorktown Sprint Race Report

By Chris Wells

The Yorktown Sprint, one of the few local triathlons, brought out the greatest showing for the Colonial Area Triathlon Club. CATs came out to represent the club at packet pickup where they were able to inform other local triathletes about the new club and encourage them to join while assisting Setup Events at Conte's in Williamsburg on Saturday.

On race morning the water in the York River was a little choppy but there was a beneficial current that produced some pretty fast times over the 750 meter swim. The bike course was changed significantly from the previous year to eliminate a 90 degree turn at the bottom of a steep hill near the bike finish. The slightly shorter (12 mile) and much more rider friendly course produced some lightning fast rides. The run course added another tenth of a mile from the previous year to make it a true 5K.

Adam Ostot, one of the pre-race favorites, was able to complete the entire course in 56:32 to second over all in the race. Other CAT award winners were Steve Talbert (3rd M45-49), Connie Glueck (2nd W40-44) and Brian Roche (2nd Male Military). Other club members who competed in the race were Carrie Digges, K.Lynne Loving, Olevia Talbert, Susan O'Neal, Chris Wells and new members David MacLuskie and Eric Brown. ♦

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!

CAT Events:

Mark your calendar!!!!

1st Annual CAT Family Cookout

**Saturday, August 25th at
Chickahominy Park
RSVP by August 20th:
sk2a2005@cox.net**

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

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!!!**

CAT Chow Corner

By Mindy Schulz

Pasta with Lowfat Pesto

From The Best Ever Low Fat published by Paragon

Pasta: 8 oz dried spaghetti or linguine

fresh basil sprigs to garnish

**Pesto: 2 oz fresh basil leaves
1 oz fresh flat leaf parsley sprigs
1 garlic clove, coarsely chopped
¼ cup pine nuts**

**½ cup lowfat curd cheese
¾ oz Parmesan cheese
salt and pepper**

1. Fill large pot ¾ full of water and bring to a boil over medium heat. Add pasta and cook until al dente, about 8-10 minutes or package directions.
2. While pasta cooks, prepare pesto.
3. Place half the basil, half the parsley, garlic, pine nuts, and curd cheese into a food processor. Process until smooth. Add remaining basil and parsley, then grate and add the Parmesan cheese. Season to taste with salt and pepper. Process again briefly.
4. Drain the cooked pasta and return to the pan. Add the pesto to the pasta and toss thoroughly with 2 forks.
5. Transfer to large, warmed serving plates, garnish with a few sprigs of fresh basil and serve immediately.

Calories 288, Protein 15g, Carbs 44g, Sugars 3g, Fat 7g, Saturated Fat 1g.

Prep time: 5 minutes

Cook time: 8-10 minutes

Serves 4