

The Chronicle

Colonial Area Triathlon Club

Volume 1 Issue 5

Aug/Sept 2007

Schedule of Local Events:

Big Lick Triathlon-
Sept 22

Naylor's Beach Tri –
Sept 30

Giant Acorn Sprint –
Oct 6

**York River Off-Road
Duathlon – Oct 21**

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President's Purrings...

By Susan Boles

There is a LOT going on with your CAT club! We had our first event, the Patriot Ride on August 11th, and it was a rousing success! We had a total of 108 riders, which was way more than we anticipated for our first event. We got a lot of positive feedback from a survey we sent out to all the participants, including a few helpful suggestions for next year.

We also finally got our CAT t-shirts!! Volunteers for the Patriot Ride got theirs for free, but shirts have filtered out to a few CAT members who rode in the ride. T-shirts are available at \$12 for members and \$15 for non-members. Just let me know you want one, either at a CAT event or through email, and I'll get the t-shirt to you!

This month, we'll be filling out our non-profit paperwork. At the September meeting on the 19th, we'll be voting on our bylaws. This is a HUGE and crucial step for us to become a real nonprofit entity and will govern how the club runs in the future. Be sure to attend so you can make your vote count!

Our first annual picnic happened on August 25th, which was a huge success (but you'll read more about that later on). For those of you who couldn't make it... we missed your smiling faces! Be prepared to mark it on your calendar for next year!

We also had another informational clinic. This one was provided by Bike Beat. Bike Beat representative, Chris Nusbaum gave a very informational talk about the basics of bike maintenance, bike repair, tire repair and bike cleaning. This class, which is typically \$100 for customers, was free to CAT members. Many thanks to Bike Beat for their expertise and time towards this well-attended clinic.

Due to popular request, we've also redesigned our club logo. Instead of the current blue-cat logo, club members voted on a more streamlined graphic. We've included representation of all three sports this time. Thanks to Mindy Schulz and the input of the club for this new logo.

Hope to see you at one of the many CAT events and races over the next few weeks! Until then, safe training! ♦

Next meeting: Sept 19 @ 7pm

Location: Villages at Stoney Run Apts (Club House) Newport News

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Always look at the bright side

By Brian Roche

Over my many years of coaching, no matter how well an athlete performs, they immediately search for the weakest portion of their performance and look to make major improvements. Unfortunately, most athletes ignore the positive side of their performance completely, and this is the part which usually far out weights the negative. Focusing on the negative can slow an athlete's ability to excel. During a less-than-stellar race, just be happy you are able to train and compete!

You would be surprised how a positive attitude can change your life for the better. Focus on the positive before you dissect the negative areas of your life. Being a better person and a positive influence on those around you will pay big dividends in all aspects of your life, including your athletic ability.

Let's face it; the unique lifestyle that surrounds the multi-sport world is a big draw. The positive approach to life can be seen at every race, training session, etc. How athletes verbally support each other during competition, the general attitude in the transition area, the appreciation for your fellow athlete's abilities. Think back to single sport

competitions and group training sessions. Is there the same "positive" attitude in the air, or is it more of each athlete for themselves? In my experience the single sport gatherings are not the same as multi-sport gatherings.

When you are in one of the more negative situations, look for the positive, like how well you feel. Look inside yourself for the positive, which will fuel you and bring you better results.

A good method to maintaining a positive approach to fitness is when you have a bad race or a string of bad workouts. Look at each aspect of your performance and then quickly get over the fact that your expectations were not met. Yes, it's still good to learn why, but it isn't good or productive to dwell on those issues. Instead, focus your concentration on the next goal at hand with determination and a positive outlook.

Remember, your physical self does follow your mental thoughts. Most athletes are turning the last corner of a long multi-sport season and are looking at their last (next) A-race for which many months of training has been focused. Remain confident and remind yourself of the positive things.

You may have heard this before, "your subconscious mind cannot take a joke." This quote is so true! The subconscious mind is equivalent to a well fertilized flower bed. No matter what you plant, it will grow. So, plant the mental seeds that you really want to grow and you'll become stronger and a better athlete.

The Transition Triangle

By Brian Roche

What I mean by triangle is the three aspects of completing a successful transition. That includes speed, efficiency, and planning. I know, you're saying "I get the first two but what planning is necessary? What is this guy talking about?"

Well here is a quick and easy method to smoother transitions which lead to faster times. Let's take each aspect and discuss:

1. Speed: An athlete needs to remain calm, but be quick and purposeful in their movements but not in hurry. Rushing through a transition could lead to fumbling with your gear which takes more time and wastes energy. When you're fumbling around you could possibly forget to grab something, like

an all-important race number when departing on the run which could result in a 2 min penalty. You want to look fluid in your movement, not confused!

2. **Efficiency:** The focus of a smooth transition is to reduce time and ensure you leave with what you need. To reach this goal starts with what you bring to the transition area prior to the race. Bring what you need, too much gear adds clutter to the small space each athlete is provided. Additional gear could become a hazard for you and/or your fellow athletes. Be conscious of your space, and try not to impact the athletes around you by spreading your gear into their space. In other words be courteous!

3. **Planning:** Define the order with which you'll use your transition equipment and establish a "mantra" which will help you stay on track even when you are moving swiftly. For example, when transitioning from the swim to bike your mantra could include wetsuit, glasses, helmet, number belt, GO!

Note: Think through a few contingencies so if something develops you can revert to

what you have already planned. For example, when you reach your bike after the swim you see that your tire is flat. You should already have thought of options, like it's quicker to run to your car and bring another wheel than change your tube. Take care of the problem and don't allow a "mental roadblock" to derail your efforts. Fix it calmly and get on with your race.

Finding your gear in transition could be another issue to plan for. Since placing a balloon on the bike rack to mark your space is against USAT rules (because it gives you an unfair advantage over other athletes), if you have trouble finding your bike map out a course from the entrance of the transition area. You could look at using a fluorescent colored towel to place your shoes on to mark your spot. Or, count the racks, or look for a landmark which triggers your memory of your bike's location. For example, use a street light pole you see nearby or advertisements located along the transition area fence line, etc. We've all seen the athlete running back and forth in the transition area trying to find their bike slot. Talk about wasting time and burning energy!

General: Transitions are a critical portion of a multi-sport event, they should be completed seamlessly. Even in long distance events you don't see athletes wasting time, but in sprint distance events at times the race is won or lost over seconds. Those seconds could equate to the differences between athlete's transitions.

An easy way to get a better time is to practice transitions at least once a week, preferably tailored into a brick session. This is as race specific training as you can get. If you are an Olympic or shorter distance athlete, you should regularly spend 30 minutes a week completing multiple transitions. These should sessions could include wetsuit peeling and placement, running with your bike without shoes/ mounting with shoes in the pedals, etc. I wish you all a smooth transition! ☺

Brian Roche has been coaching endurance athletes since the mid-nineties. Many of his athletes have competed at state, national, and world competitions, with regular podium results. He can be reached by going to www.rtendurance.com. Remember, a knowledgeable athlete is a better athlete!

CAT Paw Prints:



3Sports Sprint Tri – Richmond

By Carrie Digges

The 3Sports Sprint Triathlon was held at the Shady Grove YMCA in Richmond on Sunday, July 22nd. Numerous club members participated in the race including: Michael and Connie Glueck, their daughter Gaylin, Josh and Susan Boles, Carrie Digges, Steve and Olevia Talbert, Carl Chesley, K.Lynne Loving, and Susan O’Neal. Club Vice President Chris Wells made an appearance and acted as a photographer. The day was perfect for a mid-July race, sunny with a high temperature in the mid-80s. The race consisted of a 300 meter pool swim, a 20K bike course with rolling hills that traveled through three counties, and rolling hills on an out and back 5K run. Josh Boles finished with a time of 1:25:39, Michael Glueck finished in 1:16:39, Carl Chesley finished in 1:36:15 and took 2nd place in his age group, and Steve Talbert finished with a time of 1:02:34 and took 3rd place in his age group. The youngest club participant of the day, Gaylin Glueck, finished with a time of 1:32:08. Carrie Digges finished with a time of 1:12:52. Susan Boles finished in 1:17:23. K.Lynne Loving finished with a time of 1:28:36, Connie Glueck finished in 1:07:36 and took 3rd place in her age group. Olevia Talbert finished with a time of 1:14:33, and Susan O’Neal finished with a time of 1:22:27. Great job to all participants!

CAT Paw Prints:



Race Report: Culpeper Sprint Triathlon

By Chris Wells

Sunday, August 5, 2007 was sunny and hot for the start of the Culpeper Sprint. The course consisted of a 750 meter lake swim, 15 mile bike and 5K run. The bike course was changed from the previous year to eliminate some sharp turns while adding in a series of challenging hills. The run course remained unchanged starting across a dam at the lake, continuing up hill and onto the neighborhood roads near the park. Chris Wells was the lone CAT represented at the race. After a decent swim the hills were too much for Chris and he managed to complete the course in a total time of 1:43:52.♦

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 Paw Prints:



Race Report: Luray International and Sprint Distance Triathlons

By Chris Wells and Susan Boles

The Luray International and Sprint Distance Triathlons, on August 18th and 19th, respectively, were definitely a challenge, but fun!

Sunday, August 19, 2007 was another typical hot and humid August day for the start of the Luray Sprint Triathlon. Very few competitors anticipated that a few cool nights would make the swim wetsuit legal so there were few people who actually wore them for the 750 meter lake swim. The 16 mile bike was very hilly with an especially steep climb in the last half mile of the ride. Set Up Events changed the 5K run course from trails to a hilly road course since last year’s race due to a few sprained ankles. Current VTS age group leader Kristin Harman had the fastest CAT time of the day completing the course in 1:52:46. Congratulations to all who came out to the race!

CAT members who participated were: Dave MacLuskie, Steve Kean, Susan Boles, Josh Boles, Chris Wells, Debbie Frye, and new member Kristin Harman.

Go CATs, Go!

Local CATs Conquer Patriot's Half – September 8, 2007

By Mindy Schulz

The day started out with great energy in the humid air. The announcement was made by SetUp Events that wetsuits would be legal in the 76-degree water. Around 400 athletes began the half ironman distance event. The 1.2 mile swim was in beautifully calm water of the James River, just off the Yorktown Campground beach. A rather long route over sandy, rocky and grassy terrain to T1 caused longer than normal transition times for everyone.

Athletes were then off to the 56 mile bike course that covered 3 counties and traversed through rolling roads with much of the course being shaded by trees. This was a welcome respite to many athletes as the temperature rose into the very high 80's, humidity clung in the air, and the sunshine blasted down. A few hills surprised some athletes, with the locally-infamous "Car Wash Hill" towards the last third of the course causing some athletes to dismount and walk up the hill.

The 13.1 mile run out and back over the Colonial Parkway was truly fast and flat. This part of the course was mostly in sun and hot towards the latter morning and afternoon finish times. CAT athletes were greeted by their fellow club members Susan O'Neal, Carrie Digges, Josh Boles and Mindy Schulz cheering them on at the finish; while all athletes across the line were greeted at the finish with a finisher's medal and a large lunch of southern style BBQ. Many congratulations to these CAT members who participated in the race!

Steve Talbert - 5:45:15	Sam Frye - 7:13:12	Chris Wells – DNF due to illness, but a valiant effort nonetheless!
John MacLuskie - 6:30:32	Steven Kean - 7:16:12	
Cheryl Lager - 6:48:07	Susan Boles - 7:19:30	
Debbie Frve - 7:07:12	Dottie Porter - 7:49:25	

Lady CATS Sprint to the finish in first Lady Patriot Sprint

– Sept 9, 2007

By Mindy Schulz

Many of our lady CATs participated in the first Lady Patriot Sprint distance race organized by SetUp Events. The day started out cooler than for the previous Patriot's Half race, but humidity still clung heavily. The announcement was made that the 76 degree calm James River would be wetsuit legal, but many athletes declined due to the short 500m distance.

Over 230 female athletes participated in the inaugural race. This created a fun and supportive atmosphere for many first-time triathletes. The swim route was extremely calm and smooth, with the T1 route being rather long and somewhat rocky at the start. The 10 mile bike route was fast and slightly rolling and a fun route through Yorktown/Williamsburg for all despite the large amount of traffic on the busier roads. The 2 mile run was flat and fast out and back on the Colonial Parkway with many high-five's and smiles along the way.

Local CAT talents Connie Glueck and Kristen Harman finished first in Masters with 1:00:18 and third with 1:03:28 in F24-29 age group respectively. Other participating lady CATs were Carrie Digges 1:05:50, Olevia Talbert 1:07:16, Susan O'Neal 1:09:49, and Mindy Schulz 1:29:30.

Participating in the CAT cheering section were Chris Wells, Susan Boles, Josh Boles and Rod Schulz

Cat Chow Corner: *Yummy Yogurt Fruit Salad*

By Mindy Schulz

1 red apple	1 pint strawberries	1 c. plain yogurt (I love Fage greek yogurt)
1 green apple	½ pint blueberries	¼ c. honey, or drizzle to taste
1 peach	1 c. grapes	OR---- use any assortment of fruit that
1 pear	1 juice orange	you prefer.
Ground cinnamon		

1. Wash well and cut up fruit into large chunks, careful to remove seeds, stems, etc.
 2. Mix fruit into large bowl.
 3. Cut orange in half and squeeze juice over fruit.
 4. Drizzle honey over fruit and toss.
 5. Mix in plain yogurt.
 6. Sprinkle with ground cinnamon to taste, mix well.
 7. Serve immediately, or chill in tightly closed container in refrigerator.
- Will keep for a day or two, depending on ripeness and type of fruit used.

Calling All CATs!

New officer elections will be taking place soon!

Now is the time to be thinking if you, or someone you know, would be a great member to the CAT Club Executive Board.

Nominations will be taking place at the **October meeting with voting at the November meeting.**

New officers will take their positions in January 2008.

Ask not what your CAT Club can do for you, ask what you can do for your CAT Club!

(Ok, shameless...I know. But we need you!)

New Club Logo!



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