

The Chronicle

Colonial Area Triathlon Club

Volume 1 Issue 6

Oct/ Nov 2007

Schedule of Local Events:

Cape Henry 10 miler and Duathlon
(featuring guest speaker/starter: 6 time Ironman World Champion Dave Scott)
– **November 17th**

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President's Purrings...

By Susan Boles

Hi there, fellow CATs! Some exciting things happening with the club this month!

First off, club **elections will be held during the November 14th meeting.** We are looking for volunteers and/or nominations for the following positions:

President (elected)

- o Runs club and executive board meetings
- o Works as liaison to other clubs in the area
- o Works with the Treasurer on membership maintenance and budgeting
- o Coordinates elections for following year
- o May only serve 1 yr term, with at least a 1 yr break before the next term

Vice President (elected)

- o Responsible for finding speakers or activities for monthly meetings
- o Takes charge when the President isn't around

Treasurer (elected)

- o Responsible for tracking and approving all club expenses and income
- o Ensures our business paperwork is current
- o Files club taxes
- o Tracks membership and sends out membership cards and welcome letter

Secretary (elected)

- o Takes minutes at club and executive board meetings

Social Director (elected)

- o Responsible for finding locations for meetings and socials
- o Plans all social events, including summer picnic and holiday social

Marketing Director (elected)

- o Serves as liaison to all existing sponsors
- o Works to find new sponsors
- o Determines marketing strategy to get info about the club to potential members

Event Director

- o Plans annual Patriot Ride
- o Plans any event the club might hold that wouldn't be considered a social event (tris, kids tris, etc)
- o Tracks standings for Club Points Series and coordinates awards

Volunteer Coordinator

- o Coordinates and contacts volunteers to help at events, both CAT and non-CAT events

Newsletter Editor

- o Coordinates all articles for the monthly newsletters
- o Edits and combines articles for print on the website

Head Coach for Youth Tri Team

- Coordinates with other coaches to plan kids workouts, etc

(continued "Purrings" page)

Next meeting: Nov 14 @ 7pm Location: Villages at Stoney Run Apts (Club House) Newport News

President – Susan Boles prez@colonialareatri.org

Vice President – Chris Wells wells_cd@yahoo.com

Treasurer/Newsletter Editor – Mindy Schulz colonialcatnews@gmail.com **Secretary** – to be announced

Social Director – Susan O'Neal sk2a2005@cox.net

Marketing Director – to be announced!



Off-season Preparedness

By Brian Roche

Yes, it's the time of year again when all multi-sport athletes have one of the toughest decisions to make. With the majority of multi-sport athletes finished for the year, or close to it, you've had time to reflect on what you've done this year and time to look forward to what's next. Defining your short-term goals (end of the winter) and long term goals (end of next season) and determining how your training will help you reach them must be done now. You can't make huge improvements across all aspects of your training in the winter, that's asking a lot of your available time and body's ability. But, you can improve one or possibly two aspects of your fitness with a clearly defined winter training plan.

Below are the questions you can ask yourself and the steps that you can follow to reach your winter goals:

- What are next year's race goals?
- What areas of my fitness could be improved with available time, daylight, and resources?

Once you've gotten a list of areas to work on, pick 1 or 2 to focus on as the backbone of your winter training.

Now you need to build a training plan. This will take into account your weekly hours available to train, and targets the areas you selected above along with your regular winter training efforts.

This is not an easy task, but one that, if well planned, will offer the best chance of reaching your goal. For the typical age-group athlete who has to balance a job, family, etc. a good method to organize your training is to prioritize your goals during specific phases of training.

For example, I have two clients that are focused on a late November marathon. As a result, their first training priority is running, with strength training (in support of running), then biking, and then swimming. These clients will swim once a week until after their marathon, then slowly increase their running to 5-6 days a week. After the marathon their training priorities will change significantly.

Targeted Off-season training options:

- **Strength Training** – believe it or not, a good weight program in the off-season that works on improving your *CORE* strength can pay huge dividends next season. True, you may gain a little weight, but its muscle not fat.

A stronger athlete can handle harder training sessions, so that they are a stronger athlete on race day. Additionally, a stronger athlete is less susceptible to injury. A stronger *CORE*, which anchors your leg and arm strength, creates an all over stronger athlete. You've heard this before: you are only as strong as your weakest link, so if your core is strong, you'll be able to generate more force on the bike, keep your pelvis in a neutral position on the run, and keep yourself on a "steady plane" while swimming. Another important benefit to improving your *CORE* strength is a stronger lower back and increased hip flexibility will allow many more hours of riding in the aero position comfortably. I know, you are saying that multi-sport athletes should be in the weight room year-round, so why is the winter any different? As with the rest of your training, strength work should follow a "periodization" model which changes the focus of your weight training depending on what phase of your annual plan you are in. During the winter, your weight work goes beyond just keeping your general strength at the specific fitness level as during the race season. Winter weight training is focused on gaining strength and flexibility to move into next season's "build" phase and

better prepared for tougher training sessions.

- **Swimming** – If swimming is an area you're looking to improve you ask yourself: "Does my technique need work or does my fitness need improvement?" In general, just about every swimmer could use some technique work, even former high school or collegiate swimmers. I've worked with former Division 1 "All American" swimmers who have increased their speed while using less energy with improved technique. So if they can do it, you can also. Once you've improved your technique you can work on your swimming fitness and really show a gain in ability.
- **Cycling**- There are a number of areas to look at to improve your cycling. A cyclist with proper position can produce more power, which means increased speed. Drills completed on the bike will make you a stronger cyclist, while weight training can help as well. Spin classes can keep your legs in decent cycling shape over the winter, while also working on strengthening your

ability to spin a bigger gear. Research the use of a computerized indoor trainer, or even one of the advanced trainers that simulate riding on the street like a Computrainer. Taking advantage of winter training rides with local clubs can make cold weather riding much more fun and will improve bike handling skills.

- **Running** – As in the other disciplines, technique is key to increased speed and injury prevention. Yes, running technique is something that just about every athlete needs. We've all been running since we were 2-3 years old, but we learned through a calamity of errors. Falling over so many times taught us to adjust our balance so we can run and stay on our feet. For instance, at the running leg of a triathlon, proper running technique can teach the body to take advantage of larger muscle groups that aren't as taxed from the efforts completed during the cycling leg of the race. With proper drills, the winter is a great time to bring your run to a level you've never seen before. Weight training can assist as well, when you

target specific exercises that focus on perfecting your running form. Dedicating 60-70% of your available training time to running, with specific speed work sessions will make you a stronger runner as the Spring approaches.

I can hear you now, "How does he expect me to make these changes if I'm not sure how to do what he's recommending?" Well, there are a number of resources to look for: books, videos, hire a coach, and possibly club training sessions dedicated to specific skill improvement to help get you up to speed! All are great sources of information. And information makes you a much stronger athlete as well. ☺

Have a great off-season, 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 regular podium results. He can be reached by going to www.rtendurance.com. Remember, a knowledgeable athlete is a better athlete!

("Purrings" continued)

If you're interested in volunteering for one of these positions, or nominating someone you think would do a great job, email prez@colonialareatri.org

We also have a **club survey** up and running! We want to know what you think! Even if you've only been a member for a short time, fill it out and let us know what you'd like to see next year. The survey is very short and shouldn't take more than 10 minutes to fill out. The link is on the main page of the club website, and **will close on November 10th**!

Finally, we're working on designing some **club tri gear**. Anyone is welcome to take a shot at designing it. We'll vote on the best design and the **winning designer gets their tri-top for FREE!** Submissions are **due by November 12th** and can be either emailed (if in digital form) to prez@colonialareatri.org or can be mailed (if hand-drawn) to Susan Boles, 620 Stoney Creek Lane, Ste 202, Newport News, VA 23608. For more information about the designs, go to <http://www.champ-sys.com/index.asp?initpage=How%20to%20order>. Hope to see you all at the meeting on November 14th or the social on November 18th! Until then, safe and happy training! ♦

CAT Paw Prints:



Race Report: Big Lick Triathlon, Culpepper, Virginia --- September 22, 2007

By Chris Wells

Conditions were sunny and warm but the water was still wetsuit legal in Smith Mountain Lake. The race was the Mid Atlantic Region's Collegiate Championship so there was some very fast competition. Connie Glueck had a blistering pace over the hilly bike and run course to finish in 2:40:29 with the fastest CAT time of the day. Other CAT finishers were Chris Wells in 2:59:54, Susan Boles in 3:12:08 and Josh Boles in 3:28:44. It was a first Olympic Distance race (1500m swim, 40k bike, 10k run) for all but Chris. The post race party was sponsored by Outback Steakhouse and featured some delicious steak and chicken. ♦

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: Giant Acorn Sprint Triathlon at Lake Anna, Virginia --- October 6, 2007

By Chris Wells

SetUp Events put on yet another great race and a perfect day to end the Virginia Triathlon Series. The day started off overcast, but not chilly which helped all on the course. This year's drought caused the water level in Lake Anna to be unusually low so the course was changed from shore to an in water start. The water temperature dropped during the two days prior to the race which caused the day-of readings to make it wet suit legal. The bike course was rolling and scenic and the run was flat and fast with one turnaround.

Adam Ostot pulled off another win while setting a course record over the 750m swim, 20k bike and 5k run course. His final time was 1:01:10. Other CATs who finished up their season at the race were Connie Glueck (1:21:22), Chris Wells (1:24:28), Kristen Harman (1:25:50), Mike Glueck (1:29:13), Susan Boles (1:29:24), Carrie Digges (1:30:00), Susan O'Neal (1:35:09), Josh Boles (1:38:43), K.Lynne Loving (1:43:30) and Mindy Schulz (1:51:00). Congrats to all who participated!

As the last finishers crossed the line, the clouds parted and blue skies prevailed just in time for the post race festivities. The club displayed our new banner and tent while enjoying some post race Brunswick Stew and enjoyed sharing memories from the day and the race season. Look for the tent and your fellow CATs again at future races. They'll be cheering you on!

A CAT's Perspective: Duathlon Long Course World Championships Richmond, VA in October 21, 2007

By Adam Ostot as told on the CAT Forum

I had qualified for this race way back at the beginning of my season at the Long Course 3Sports Duathlon. In terms of preparation, I was a little shaky.... a couple weeks were weak after IM Louisville, and then two weeks before this race I got really sick for about 4 days, so training for that week was pretty much shot. I was confident that I could still compete well though. The morning of, it was COLD (well at least colder than it had been all year). The race workers didn't let athletes into the transition area until 6:30 for a 7:30 race, so I was already put behind schedule. By the time I got my bike ready, it was 6:50, and I had to rush my warm up and preparation.

At the start I was in the second row, which was fine with me because I wasn't preparing to sprint right out of the blocks. It was going to be a long morning, and I would have plenty of time to get in the position I needed to get in. The race started, and immediately I felt like I was in an XC race. It was a great feeling with so many guys around me. It sorted out pretty quickly, and after a K I found myself in about 15th position. I stayed very relaxed, running side by side with Corey Scott. Around 3 k, a runner from Great Britain made a strong move and strung everyone out quite a bit. Jeff Miller also made a strong move to the front, and the pace quickened a little bit. I was still in no rush to get to the front, so I stayed steady and kept relative contact with the leaders. Lap one was very relaxed and I came through in around 8th place. Not too much changed for the first half of the second lap, but right around halfway, Ryan Rau made a strong move to the front, and I was able to pick off about half the field as they faded just a bit. I came into T1 in third position with a 52:02 split (5:35 pace for 15k), a great run, especially considering how I felt.

My T1 was awful. I had left my sunglasses on my helmet because it wasn't that sunny at the start. Turns out, there was a ton of dew all over them, and it was very difficult for me to clear them up. Then I fumbled around with my helmet... ahhhh! It was just a mess. T1 was 1:19.

I got out in about 7th or 8th place from T1, and immediately lost my aero bottle sponge. Great. Drink is spilling all over the place and I'm just getting started. Now I also notice that my gel flask holder is a little loose, and the gel flask is slipping to the left side of my top tube. Double great. I tried to fix it up, but I couldn't get to it while riding. I figure it will just stay there, so I let it go. The first loop was good, I got passed by a couple guys, but then what do I notice? No gel flask anymore! Crap. There go 4 gels that I was planning on. At last I still have 2 taped to my top tube and some Gatorade. On the second loop I finish my aero bottle of Gatorade, and try to keep steady. Corey put about 3:00 into me on the first loop, but he seemed to be staying there on the 2nd loop. At the end of the loop I look down to get some Gatorade from my down tube and what? It's popped out! Geez. That is NOT good. I ration out my last gel and get some water from the bike aid station. On the third and fourth loops I pick it up a bit and re-pass some of the guys that had passed me earlier on. Of course by this time I had no idea what place I was in because we were lapping tons of cyclists. As I finish, I catch the guy who took the lead on the first run. My bike was 2:09:35, 21.9 mph for 76k

We dismount at the same time, and his bike rams right into my left leg and cuts it up pretty bad. We raced through T2, and he got out 3 sec faster than me. He was zooming on, but I stopped at the aid station because I knew I need some serious nutrition if I was going to thrive in the final run. I down a cup of Gatorade and 2 gels, and took another gel on the run, eating that before the 2nd mile. Rau had gained about 50 m on me in that time, and I was not feeling great for the first mile. As I kept going though, I started feeling better and better. I had a good rhythm and kept the turnover high. Right around 3k, I noticed I was coming back on Rau hard. Before we got to the canal I caught him and passed him hard. There were two more guys up ahead, one from the US and one from GB. It took me another K to catch both of them, but eventually I got them, pounded another gel, and started thinking about finishing strong. There was no one too close once I passed the guy from the US, so I kept it steady and tried to put a little time between myself and the US guy. As I was coming up to the finish, I was rolling up on another US guy, but I ran out of room before we reached the finish. My final run was 27:47, top amateur run split. I won my age group and finished 9th overall for amateurs. I placed 33rd overall for pros and amateurs, which I was also happy with.

It feels cool to be able to say that I am a world champion!

This was an unbelievable way to end a spectacular season. Now time for some rest and then on to 2008....

Cat Chow Corner: *Sautéed Veggies on Whole Grains*

By Mindy Schulz

1 small yellow squash	1 small - med zucchini	1 cup wild rice blend, cooked
1 small sweet onion	5 carrots, peeled	1 cup couscous, cooked in broth
1 garlic clove, minced	2 Tbs olive oil	¼ cup water
1 tsp chicken bouillon seasoning powder		Salt and Pepper to taste

1. Dice squash, zucchini, onion and carrots
2. In large sauté pan, heat oil on medium heat. Add garlic.
3. Add carrots to pan. Sauté for about 2 minutes.
4. Add remaining vegetables and water. Sauté for about 5-10 minutes or until vegetables are firm-tender.
5. Sprinkle chicken bouillon seasoning over vegetables. Sauté for 1 minute.
6. Mix wild rice blend and couscous. Be sure this is warmed if you have cooked it prior.
7. Put desired serving of rice/couscous blend on plate. Top with cooked vegetable blend and serve.

Note:

Any mixture of vegetables can be used with this. I sometimes add broccoli, asparagus, etc.
Diced sautéed chicken breast is a great addition if you want to add some lean protein to this one-dish meal.

Calling All CATs!

New officer elections will be taking place at the NOVEMBER meeting!

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

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!



Be sure to try your hand at designing our new club tri gear... and possibly win yours for free!

For more information about the designs, go to <http://www.champsys.com/index.asp?initpage=How%20to%20order>