

# The Chronicle

Colonial Area Triathlon Club

Volume 2 Issue 10

November/December 2008

## Schedule of Local Events:

**Ironman Florida** (not local, but we have quite a few club members participating)- **November 1**

**Richmond Marathon/Half/8K-**  
**November 15**

**Ironman Arizona** (again, not local, but club members participating)- **November 23**

**CAT Holiday Party –**  
**December 7**

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## **President's Roarings**

*by Chris Wells*

At our October meeting we took nominations for the 2009 Board of Directors. **Nominations are still being accepted until the November meeting on Monday, November 10<sup>th</sup> at 6:30.** If you or someone you know is interested in being a member of the board then just email me their name. Club officers such as President and Vice President are elected from and by members of the board. A list of those who have received nominations so far is included in this edition of the newsletter, so start thinking about who you would like to see leading the club next year and make sure you cast your votes next month. We will announce the winners of the election at the club's Holiday/Awards gathering on December 7<sup>th</sup>.

Be sure to mark your calendars for the Holiday/Awards gathering. It will take place on **Sunday, December 7<sup>th</sup> from 3:00 to 6:00PM** at Runner's Source in Williamsburg. There will be plenty of food available and representatives from our club sponsors will be on hand so please be sure to thank them for their continued support. More details will be available soon.

NBC will broadcast the 2008 Ironman World Championship on the afternoon of December 13<sup>th</sup>. If anyone has any suggestions on where we could meet to enjoy it as a group please let me know so we can schedule it.

Congratulations to all of you on another great triathlon season. There are still a few members competing in Ironman races including Connie, Adam and me so please keep us in your thoughts. Enjoy the off-season and the upcoming holidays with your families and friends.

Train hard, tri harder,  
Chris Wells

**Next meeting: Monday, November 10<sup>th</sup> @ 6:30pm Location: Runner's Source - Williamsburg**

**President – Chris Wells** [wells\\_cd@yahoo.com](mailto:wells_cd@yahoo.com)

**Vice President – Susan O'Neal** [sk2a2005@cox.net](mailto:sk2a2005@cox.net)

**Newsletter Editor/Membership – Susan Boles** [susan\\_e\\_boles@yahoo.com](mailto:susan_e_boles@yahoo.com)

**Co-Secretaries – Connie Glueck/ K.Lynne Loving**

**Treasurer, Social and Marketing Director –Mindy Schulz** [colonialcatnews@gmail.com](mailto:colonialcatnews@gmail.com)



### **Weight Maintenance and Off-season Training**

By Brian Roche

Now that winter looms on the horizon, the clocks fall back one hour November 2, multi-sport athletes are about to or have already shifted to an off-season mindset and it is important to remember one thing, caloric balance. The reason to discuss this topic now, and not in March is if you adjust your nutrition plan now you will have fewer problems getting back to your race weight in the spring.

As experienced athletes may already know, and newer athletes should know, most athletes begin the spring build phase of training pounds above their ideal early season competition weight. When athletes start including sessions at the higher intensity training zones (4+) they are surprised how difficult it is when they are just few pounds heavier.

The reason endurance athletes gain weight is because of a reduction in exercising and a nutrition plan similar to when they were deep in the race season. Reducing exercise during the fall is a good thing, it gives the body and mind a needed break from the disciplined training efforts. Although, when you do train, I recommend not focusing on the numbers. What I mean by numbers is wattage, heart rate, or even the interval times. Fall is a great time to regain the reason you started to exercise, because you enjoyed it. The race season can take away the enjoyment at times with defined training sessions while pushing your fitness ability to new levels. One option is to exercise by means of different activities, like hiking, roller blading, mountain biking, etc. Staying active is what it's all about, but maintaining the same amount of exercise and intensity as during the race season isn't healthy and leads to injury or burnout (loss of interest).

Staying active with reduced exercise time and intensity and maintaining the same caloric intake as during the race season will lead to increased body weight. So, let us look at a few ways to adjust exercise routines to prevent off-season weight gain.

#### **Strength training:**

The fall and winter are a great time of the year for endurance athletes to focus on weight training. Muscles account for approximately 95% of our metabolic rate and are the only tissues that burn fat. With that said, increasing muscle mass just slightly can increase metabolic rate dramatically. How does this sound?  
- A pound of muscle burns 35 to 75 calories per day just by regular daily activity. Therefore, if you add 3 pounds of muscle mass and retain it throughout the year an additional 15 pounds of fat could be lost per year!

#### **Low intensity endurance workouts:**

High intensity exercising burns

carbohydrate and is not optimal for reducing body fat. To burn fat while exercising requires more oxygen than when you are burning carbohydrates. Lower intensity workouts allow your body the fuel, in this case, oxygen that will help burn more fat.

### **Duration of low-intensity workouts:**

When trying to reduce weight or maintain a balanced weight, it is good to include a training session that goes beyond 60 mins at the lower intensities (zone 1-2). Roughly, during the first 20 minutes of exercising fat burning is relatively low, the next 40 minutes fat burning increases slightly but still at a moderate level. The most efficient fat burning happens when the training session passes the 60-minute mark. For example, when a training session goes from 60 to 90 minutes the fat burning process increases significantly. Depending on the person, over that 30-minute period the fat burning process could double.

I wish you all a safe and happy November and December, train safely, have fun and start thinking about next years 2-3 "A" races so you can draft your annual training plan.

*Brian Roche has been coaching endurance athletes for more than 11 years. His athletes have competed at the state, national, and world competition level with regular podium results. To reach him go to*

[www.rtendurance.com](http://www.rtendurance.com).

*"Remember, a knowledgeable athlete is a better competitor"*

*\*\* Be on the lookout for an announcement very soon for swim/run clinics this winter which will include video analysis put on by RT Endurance and held in the Williamsburg area. \*\**

## **Ironman TV Schedule**

The following Ironman events are scheduled to be televised in the coming weeks on Versus & NBC

### **Versus**

*(all shown at 3pm and the following day at 5pm):*

- Sunday, Nov 2 :  
Ford Ironman Arizona
- Sunday, Nov 9:  
Ford Ironman Coeur D'Alene
- Sunday, Nov 16 : Ford  
Ironman Lake Placid
- Sunday, Nov 23:  
Ford Ironman Louisville
- Sunday Nov 30 :  
Ford Ironman Wisconsin

### **NBC**

- Saturday, Dec 13 @ 2:30pm :  
Ford Ironman World  
Championship

## **Welcome to our new CAT Members!!**

The following members have joined since the last edition of the newsletter:

**Jesse Cornelius  
Amy Watson**

Welcome to the CAT, and we look forward to getting to know you!

# The Virginia Double and Triple Iron Races

By Chris Wells

After completing the Giant Acorn Sprint Triathlon last month I stuck around long enough to cheer in the remaining CAT members and then took the 30 minute drive to the other end of Lake Anna to volunteer at the Virginia Double and Triple Iron Races. I had heard about these races several years ago when they were still produced by Odyssey Adventure Racing (OAR) out of Virginia Beach. A former employee of OAR, Steve Kirby, took over the race a few years back and has continued to produce the race since OAR gave it up. I was contacted by Steve a few months back about speaking at one of the CAT club meetings and I jumped at the opportunity to have him come speak to us about the events partly out of my own curiosity and partly because Josh Boles had mentioned that he would like to attempt it one day.

The first thing I learned is that while these are USAT sanctioned races and are both very well supported, the races are still very simple compared to the large (several hundred competitors) productions most of us have

become accustomed to. Steve limits the Double and Triple to 40 athletes most of whom he already knows and he requires those he doesn't know to inform him personally of their training and racing experience so he can decide if they are really ready to attempt such an event. Steve even built his own timing mats for the events to keep expenses down.

When I arrived at Lake Anna State Park all of the athletes had completed the swim portion of their races. The triple had started on Friday and the double had started early that morning while I was competing at Giant Acorn. The swim course was still up however so I could see how it all worked. Steve set up a series of poles in the water with a rope stretched between them. Balloons and a couple buoys were attached to the rope at about 20 meter intervals. The rope was about a ¼ mile long so the athletes would swim along one side and then back along the opposite side until they had completed enough laps to complete the 4.8 mile swim for the double or the 7.2 mile swim for the triple. The athletes did get to stop for water and food whenever they needed it.

The bike consisted of about a 5 mile loop that started near the Lake Anna State Park beach and went to the entrance of the park and back. The double athletes

cycle for 224 miles and the triple athletes ride for 336 miles. I spent Saturday night from 9PM until 7AM Sunday morning at the entrance to the park insuring that the timing mat at the turn around was working and cheering on the competitors. I was getting tired just sitting out there in the darkness while the athletes continued to pedal through the darkness using headlights on their bikes all night long. It was amazing. Except when they would stop to get something to eat or for a mid race massage I would see each competitor about once every 20 to 25 minutes. They were extremely friendly and I learned quite a lot about some of them during the few seconds I saw them through the night. I could hear many of them coming before I saw their headlights come around the bend before my turnaround. Fatigue would cause some of them to hallucinate and they would hold conversation with the rocks and trees. It was both entertaining and disturbing.

After a quick nap on Sunday morning and a light breakfast I watched many of the athletes on the run portion of their races. The run course consisted of about a 2 mile loop from the beach up the hill towards the campground and back. The support crews for each athlete would provide them with whatever they desired to eat or drink after each lap and there was also a water/Heed stop near the turn around. As part of

my own prep for Ironman Florida I planned to do an easy 6 miles that day so I watched each athlete to see who was still capable of maintaining a decent pace (believe it or not but some of them actually could still run pretty well at this point). I chose to run a few laps with an athlete named Paul Grimm from Colorado. I tried to keep his mind off the pain and fatigue he was feeling as we jogged and talked. This was his second time doing the event and he was hoping for a PR which it looked like he would have no trouble making at the point at which I joined him. At the time I had no idea how much further he had to run and to my amusement neither did he or any of the other competitors. Each time they would complete a lap the volunteers at the turn around timing mat would tell them how many

laps they had left but they were all so fatigued that they would quickly forget. Some of them would try to do the math in their head to figure out if they were going to make cut off times or run a PR and the numbers they would come up with were way off the mark so they would ask me to figure it out for them. In return I feel that they gave me some invaluable lessons on nutrition and fighting muscle fatigue that I will hopefully be able to use at Ironman Florida. Paul told me that he was getting set to start walking when I decided to run with him so even though I had planned to only run 6 miles that day I ended up doing that last 16 miles with him and he didn't walk a step of the way and was the first American to complete the Double this year in a PR that was even faster than he

expected.

Something else that is different at the Double and Triple than in the shorter races we mortals complete is that each athlete comes across the finish line carrying their country's flag while their national anthem plays in the background. This is something that Steve Kirby added a few years ago and it is definitely something that adds to each racer's sense of accomplishment. There are no Olympic athletes out there but the respect that each athlete displays towards one another is like no other race I have ever witnessed. It was a long tiring weekend even for those of us who weren't competing in the events but definitely worth seeing and experiencing. Check out [usaultratri.com](http://usaultratri.com) for more information.



Paul Grimm and I running his last 16 miles. (Photo by Harry Gerwein)

## Club Election Information

The following club members have been nominated for the club's board of directors:

- Matt Krauss
- Susan O'Neal
- Bruce Pully
- Brian Meyers
- Mindy Schulz

Please email Chris Wells (catpres@yahoo.com) if you would like to make any additional nominations.

## CAT Annual Holiday Party

The CAT annual holiday party will be held at

**Runners Source in Williamsburg**  
**on**

**Sunday, December 7<sup>th</sup>**  
**From 3-6pm**

All food and drinks will be provided by the club

**Come and get to know other club members, find out the results of the club election and just have a great time with some other triathletes!**

## Team In Training is Looking for Coaches

Team In Training, a world-class endurance training program that prepares runners, walkers, cyclists and triathletes of all levels to complete endurance events while raising life-saving funds for blood cancer research, is looking for cycle and triathlon coaches for our Peninsula team!

A coach for Team In Training would help to develop a training schedule for our participants that would adequately prepare them to complete a century cycle ride or Olympic triathlon (in this case, the Fletcher Flyer Century Cycle in Asheville, NC, and St. Anthony's Triathlon in St. Petersburg, FL) in a period of 5-6 months. Our coaches also assist staff in leading health and fitness clinics to better educate our participants in their respective sports. Coaches should be readily available and able to lead group training sessions once a week (on Saturday mornings). Above all, we want coaches who will remain conscious of our Society's mission in trying to find a cure for blood cancers. We offer many benefits to our coaches and would be happy to discuss all of this with anyone interested!

**Training begins on November 8th.**

If you are interested, please contact:

**Gabrielle Weisberg**

Campaign Coordinator

[www.teamintraining.org/va](http://www.teamintraining.org/va)

[www.lls.org](http://www.lls.org)

The Leukemia & Lymphoma Society

27 West Queens Way Suite 301

Hampton, VA 23669

(757) 723-2676

Fax: (757) 723-4056