



Losing My Iron Virginity

Ironman Brazil Race Report by Andrea Baumgartner

Early this year while Mariana was planning her trips down south to train for Ironman Brazil, she convinced me to come along and train with her. Until February, my longest ride had been 60 miles, so I was eager to tackle some longer rides and enjoy some warm weather. Initially my goal for the season was to do IM Canada in late August and run Boston in the spring as a training run (my third time doing it and a tradition!). During the spring I was pretty much doing all the training Mariana was doing in the weekends, long rides and runs, so by the training camp in Arizona (end of March) I started thinking that maybe, just maybe, doing Brazil was possible. After all I was already going down to cheer her on, why not take the opportunity and do it? So I found out when the deadline was to register (May 1st) and asked Olaf for his advice, was it crazy or what? He just told me to follow my heart and do it as a training race for Canada. Nutrition, pacing, but MOST important of all JUST FOR FUN!

I knew that I needed to work on my swim, so I started being more consistent and going to masters 3 times a week.

Many thoughts were going through my head before registering. I knew that if I did the race just for fun, for the experience, it was possible. I had a very deep desire and voice in my heart yelling, screaming at me to do it. The thought of doing my first Ironman sooner than planned kind of scared me and it was more than I was mentally prepare for, but I decided to do it anyways. I had done few (2 or so) 70 mile bike rides, one 90 mile bike ride and an 87 mile ride. That was enough, right? ☺

Umm, but what about swimming? Can I do the distance? I was going more often (3 times a week) since mid March to the pool. And I was able to do a 1000 meter swim non stop which I wasn't able to do before without dying! ☺ What is it anyways? Let me do the math. Just about four times that distance. ☺

My pool swimming times suggested I could do the distance in about 1:20 h to 1:30 h comfortably. It would be a challenge, but I was up for it! And running, sure I can do a marathon, but I had just done the Boston marathon. It would be doing another marathon about 5 weeks later. I would need time to recover, and taper, which would really give me like 3 weeks to "train." Ummm. Ah! That sounds good! I luckily recovered quite fast from Boston and felt good with the little running I was doing. My longest run in between was a 90 minute run.

Again, I kept reminding myself that I just wanted to have fun, to use the race as practice for Canada, and to be out there with my other friends who were racing. I decided to sign up. I knew I could do the distance but I still was not really willing to tell people I was going to do my first IM. I just did not want to hear how crazy I was for even thinking about that and signing up less than a month before the race.

I already know I am crazy, so they wouldn't be telling me anything new anyway!

I was WAY too excited about doing the race that I decided to tell my closest friends the day before I left to Brazil. They all were very supportive and encouraging.

My mission: Learn and enjoy as much as possible about this amazing experience, practice nutrition and pacing. Also I wanted to answer the question I had since I went to see my first IM race (when Mariana did her first IM in Florida). "How is it humanly possible to do a marathon after a 2.4 mile swim and a 112 mile bike without dying? These people are crazy, they are aliens, they are NUTS!!! When I saw people getting off their bikes and starting their marathon, I actually felt so bad and sorry for them. ☺ I did not want to transmit that energy, so when I saw Mariana starting her marathon, all I could sincerely say to her was "pace yourself."

Finally I was officially registered. We arrived to Brazil the Wednesday before the race, to acclimatize and practice I guess all the stuff that you practice before a race. 😊

It was so nice to meet my "Colombian paisanos" and great athletes (Carmenza Morales, Ricardo Cardeño, Fernando) at the airport in Sao Paulo. We were all waiting for the delayed flight to Florianopolis. The days before the race went by fast. We went for few short runs on the course (to find out to my surprise that it was a lot hillier than what I thought or imagine).



The swim... umm the swim, what can I say? It was an ocean swim and the longest I had swum before was a 1.2 miles. Scary.

But the days before the race, the ocean was quite calm. That helped a lot to calm my nerves about the swim. It was great to hang out with some good friends that we met in Arizona (Olaf Sabatchus and Francois Modave). We also met some real nice and funny people ("the two British" Mark and Rob). These guys together are just so ridiculously funny and silly (especially Rob and Francois). They could make a living out of being clowns...and they would do quite well! 😊



In the mean time I met other Colombians who were also doing the race. They were all very nice and friendly. We were total of 22 Colombians doing the race. That was so cool! Plus there were a lot more cheering for us. It was just great!

Mariana's parents arrived on Saturday. It was nice to be with them and go for lunch and dinner together (and talk about stuff other than the race). We went to bed early; I think that by 8pm we were already in bed.

I surprisingly enough slept quite well. I remember that before my first marathon and my first and only half Ironman I could not sleep well and had all kinds of crazy nightmares.

Finally the race day arrived. We woke up a little before 4am and went down to have breakfast with the rest of the people. Then Olaf's friend (Anu) was kind enough to give us a ride to the start. We went to get marked (which it was when it hit me "Oh! My God (I really thought something else... but...) Oh! My God WHAT AM I DOING???? Then we put our bottles on the bike, gave our special needs bags, put our wetsuit and it was time to START our day!!!!!!

Something nice or sort of calming to see was that even Olaf after I don't know how many Ironman races still got a little nervous. I don't know why he was nervous though, not like he was the defending champion or something like that! 😊 Right, Olaf?

Swim: 1:59:08.1 hours

Mariana and I walked to the swim start and got to swim for 5 minutes of so. She started to seat herself with people of her same pace. I was not too worried about that. I knew I would just go as far back as possible. But I still stayed with her and did not want to leave her. Well actually I did not want her to leave me. But eventually it was time to wish each other good luck and start our day!!! I was quite nervous and was so glad to meet other Colombians. One of them was Mirtha, whom I had met before. She was as nervous as I was if not more. She was almost crying. And still kicked major butt that day! Finishing 3rd in her age group. Finally the time to start the race arrived. The gun went off and everybody rushed into the ocean.

I was scared of the washing machine stories I've heard. But it was not a problem since I was so far back. Soon people were all spread out. I was trying to follow some people since it was so hard to sight with the waves that day. At some point I realized I was swimming way too far out. The swim seemed ETERNAL. After the first half of the swim, I looked at my time and looked at the ocean. I was not very thrilled to do the half that was left. But I said to myself, that I had to try it and give it my best. So I went for another even rougher swim. When I got to the buoy were we turn around, it just took so long to get around. I felt I was swimming on the same place. But at least finally I was on my way back. And it was easier to use the mountains and houses as sighting points!

It seems that the end of the swim was almost there when I got to an area with strong current (or something like that) because I was not moving forward (unless I was so tired by that point or had develop a new stroke that makes you go backwards when you are trying to go forward). It was quite frustrating. All I was wishing for at that point was that I could finish the swim and make the cut off time and had the chance to finish the race.

It took me almost 2 hours to finish the swim. I just wanted to be on the bike! I made a promise to myself while in the water, that if I could finish the swim, I would not complain even once about the race or how hard it was when it was time to be on the bike or the run. I would just enjoy that I was not in the water! 😊

T1: 6:17 minutes

Feeling happy to be out of the water. And wondering why was everybody looking at my face? I understood when I saw the pictures next day. We all came out of the water with a muddy face. It looked so funny!



Bike: 6:43:29 hours

My plan was to just drink water for the first 30 minutes or so until my stomach and heart rate settle down and was ready to take some sports drinks and solid food. It felt great to be on the bike but my mouth had such a salty taste that I decided to drink a little bit of Gatorade/Infinit mix. I don't know if it was that or just the fact that I was almost for 2 hours on a horizontal position and now I was changing the position. But I had stomach cramps for the first hour of the bike. Other than that I was feeling good, my heart rate and everything was under control. After the first hour everything was fine and I started with my nutrition. I ate quite a lot on the bike. But I was already feeling a little hungry. Plus I thought that I needed to recover from my eternal swim and have enough energy for the rest of the day. I had a power bar, a cliff bar, 4 bottles of Gatorade/Infite mix, 3 bottles of water, 2 Gatorade bottles, 2 gels, and 2 bananas halves (2370 calories). It was hot out there that day (about 90 degrees F). We had a 2 loop course, the first half of the first loop went quite well, and fast (did not notice I had some wind on my back) until it was time to turn around and could feel that it was so hard to pedal! I felt as the wind was going to blow me away. It was a little scary. But I just had to stay focused, keep pedaling, maintain a low heart rate, try to work hard, but not burn the legs for the run. The second half of the first loop was a little hard because of the wind and mentally tough because I knew I had to do it again and it would be at a point where I would be more tired. Mentally it helped to pass a lot of people on the bike (especially on the hills). The first half of the second loop felt quite nice, going at a good pace. Even the hill that at the beginning of the first loop felt a little hard. The second time around, I barely even shifted down or slowed down. But I was still not looking forward to passing the tunnel and turning around with the wind in our face! There were lot of people and children cheering for us on the bike course. I did not understand what some of them were saying. I just blew few kisses to some of the little kids and they were all excited. It was so funny!!! I kept doing that all along. It made the time go faster!

Then the last part came, it was hard but not as bad as I thought! It felt good to meet and pass two of my Colombian buddies. 😊

T2: 12:09 minutes

I wanted to change everything for the run. I took the time to put Body Glide, wash my salty-sweaty face, and went to the bathroom. I was glad to be out of the bike and looking forward to the run. My favorite part of the day!

Run: 4:20 hours

Even though I had pass my 2 Colombian buddies on the bike. They had a lot faster transition and we met again at the beginning of the run. We chatted for a little, but I decided to pick up the pace and wish them good luck for the rest of the day.

I was mentally prepared not to feel very good the first 2 to 3miles. I was a little sore, but nothing horrible. About 12 minutes or so into the run, I catch up with Fernando, another Colombian I met at the airport. He was already done with his first half marathon. We talked and run together for some time. Then he started to get stomach cramps and slowed down and told me to go ahead. It was very nice to talk to him, very encouraging. He told me that I looked strong and was having a nice pace and just to keep running strong. I kept going and only stopped at the water stations. I remember Mariana saying that in her first Ironman she was falling asleep at the end of the marathon (later on that day she clarified that it happened because she did not have good nutrition that day), so I was a little paranoid that I was going to get really tired and sleepy at some point. I did not want to drink Gatorade, but I knew I still needed to get some calories in. So at every water station I started drinking water and coke. Yep! Coke! Remember caffeine! So I wouldn't fall asleep!! 😊

And I know you are not supposed to try anything new on race day. But that felt just like the right thing to drink. The funny or weird part is that I NEVER drink coke or soda on a day to day basis! I have heard Olaf saying that he drinks coke diluted with water on the run part of an IM. So I figure it couldn't be so bad for



you! ☺ Other than water/coke, I had a half an orange after the first 10k. I also had 3 CarBoom gels (10k, 20k and 30k).

The first half-marathon had some nice hills. There was one that I had to walk, but I already knew about and planned on walking that one, because it was quite steep. I met Mariana's parents close to the hotel we were staying (a little before the first 10k point). It was so nice to see them cheering for me. It gave me a lot of energy. The few miles around there were my fastest miles, I was feeling very good. Then on the way back I saw them again, I waved and smiled at them. They took few pictures and I gave them my sun glasses (which I lost anyways later after the race! ☺) as it was starting to get dark.

Few miles after that, I met a lady whom I had talked to at the swim start. I remember asking her what she wanted to do for the swim just to see if I was on the right place. All she said was that she was very slow and she didn't want people around her. So I got the message and stayed away from her ☺. She was a little sad because she got lost on the bike course and got disqualified. She talked to the people that disqualified her about doing the extra miles that she didn't do because she got lost, so at that moment she went on with the race and was hoping to at least get the medal. I chatted with her for few minutes and told her to stay strong and keep going that everything would be fine. Then she let me go because she was not feeling that great! I kept running, giving high fives to some children, smiling and thanking the people cheering for us. (I was really having a blast at that point) The volunteers at the water stations and everywhere on the course were so friendly and nice!! I had one guy who ran up with me on the steep hill (that I had planned on walking... he was ruining my plan!!! ☺) We just run half way and then I walked the rest!

I was feeling very strong and happy to be running, I couldn't believe how good I was feeling. It was weird especially when you see a lot of people walking. I was wondering at what point I was just going to run out of energy and feel very tired. I wanted to pick up the pace, but at the same time I wanted to save energy for later on the race. The first half marathon went by I did it in 2:08 hours. It was very nice to see a big group of Colombian people cheering for me every time I went by. SO sweet! ☺

Now I had two 10k loops left. The first one went kind of slow, talking to some people and trying to encourage some people to run with me. I got one person to run with me, a Brazilian guy who was walking and then started chatting with me. I could understand few things, but most of the time I was just nodding and smiling. He ran with me for 1 mile then stopped and started walking so I kept running alone. I saw Mariana when she was finishing her first 10k, and I was starting it. She looked all happy and strong! I was so happy for her; she was kicking some major butt that day under those conditions! Of course it gave me some extra energy to see her! Then I saw François and Olaf. François was very nice and cheerful, he told me I was looking good and to keep going! He had a big smile. I was wondering if Olaf had won the race, but I did not ask at that point (in case it wasn't the case). I guess it would not have been nice! The second time I went by on my last 10k I saw François again and he told me that Olaf had won. I was so happy to hear that. I had a huge smile and it gave me tons of energy to keep running my last 10k. I could only imagine that he must have had a hard race, especially because one of his calves was bothering him prior to the race. But he is just an amazing machine!!!

My last 10k surprisingly enough went by quite fast and I was so happy when I was 1k before the finish to realize that the moment where I would have no energy and would be so tired and sleepy never arrived. I had energy the whole marathon. I finished the second half 4 minutes slower than my first half. But I finished feeling very happy. Mariana and her parents were waiting for me few meters before the finish line. Mariana had finished about 45 minutes earlier and was waiting to run with me the last meter to the finish line. Unfortunately, she forgot to take her chip off, and then for few days we had the same finish time until it got corrected. It was quite a day! I did it! My first Ironman! I couldn't believe it! I wanted to cry from excitement. It was a very special feeling that I hope to keep with me forever. It was amazing to have so many intense feelings within 13:20 hours. I went from being extremely nervous, to frustrated, worried about finishing the swim, glad to be out of the water, happy to be on the bike, a little sick for some time, happy to be there blowing kisses to the little Brazilian children cheering for us, tired, but at the same time excited to be running,

in shock to believe that I was feeling so good on the marathon after doing all the stuff that we did before, and I was able to answer the question I had when I went to cheer for Mariana's first Ironman race, "How can these people run a marathon after all of that? Is that humanly possible?" Well, it is definitely possible to run a marathon after all of that. And it is possible to run it feeling strong, and these people are not aliens. We all can do it. And I will never feel sorry for them again. 😊 Because it feels so great to start the marathon (at least it did for me). It even feels better to finish it! 😊

It is very possible to do a whole Ironman without having bad patches and having energy the whole time. Anybody can do this, if you really want it from your heart. You just need a little dedication and time. Most important of all you have to have fun all along. Otherwise why would we do it????

Looking forward to Ironman Canada this August 28th, 2005!

Andrea





We are Moosewomen!

Race Report by Kristen Jurcsak

The Mooseman Quarter Ironman was my first triathlon of the 2005 race season. After my great success at the Big Lake Half Marathon, I was psyched and ready to go!

I'll admit I was pretty nervous about the swim because of all the emails flying around about cold water temperatures and everyone knows what a cold and rainy spring we've had (and I only had a sleeveless wetsuit). I worked very hard on my swimming all winter so I was more than confident about the distance, but I never swam in really cold water before. I ventured to Walden (was absolutely dreading it) the Thursday before the race and to my delight, the water was a lot warmer than I expected. Whew! So now I was relieved and really ready for race day. I guess the triathlon gods were kind enough to finally send us some warmer weather during the last week of May. I dipped my toes in Newfound Lake the Friday afternoon before the race and although colder than Walden, it was tolerable. Wellington State Park posted the water temperature was 60 degrees.

Race morning came and I have to say, the water felt a LOT colder at 7am than it did at 3pm the previous day. My feet went numb right away. So now I was nervous again, especially when a fellow racer in the crowd (who happened to be a tough looking guy) called me "hard core" because I didn't have a full wetsuit. He did. Great. So I gave myself a little pep talk and psyched myself back up. When it was time for my wave to start, start I did. It took me about the first tenth of a mile (to the first big orange course buoy) to catch my breath and get into a decent rhythm because of the cold. Thank God for my swim coach and his advice about breathing techniques. That calmed me and got me through the swim. By the time I got to the turn around bouy, I was comfortable and swimming like I usually do. I was very glad when the swim was over and a little disappointed I didn't enjoy it more. I usually love the swim and think the big group start is a blast. The good thing is I'll be more than ready for my next race swim since the lake will feel like bathwater by then!

The rest of the race went GREAT! I completely enjoyed the bike leg and I have to say kudos to Lisa for suggesting we ride the course on training weekend. I knew where all the climbs were. I also exceeded my expectations on the run course. By the time of the run, it was pretty hot (not as hot as Sunday, but still toasty). I hadn't really trained in hot weather yet this season. Somehow I managed to shave 22 seconds off my Big Lake Half Marathon per mile pace and that was with slowing to a walk at each aid station to hydrate and pour water over me. Big Lake was 10:54 per mile and the Mooseman run was 10:32 per mile. I was thrilled!

Mooseman was a wonderful success for me and a confidence builder for the rest of the season. I had tons of fun racing and really enjoyed being a spectator at the half Ironman on Sunday. Believe it or not, even though I've participated in triathlons before, I never watched one in person. Seeing all of the Team Envsnion ladies do so well in the half (and in the heat), was inspiring for sure. I loved cheering you all on! Way to go Moosewomen!

Mooseman Half Ironman

Race Report by Rachel Klopfer

Who wants a perfect race anyway? Glitches build character, make for better tales, and make me a smarter racer. I had a lot of anxiety about this race. None of that anxiety proved productive, as the things about which I was worried were not an issue, and I had a few more significant issues with which to deal.

There were a lot of details, and details are my nemesis. I like to keep it simple, pack lightly, and minimize the pieces. That just could not be done in this event. I had to fly home from a week-long conference, unpack, repack, hug my son, pry my son from my neck, and drive up to the race in a 3 hour window. I had to find the



race site, register, rack my bike, find the hotel, find dinner in desolate town that I didn't know, and get my head and stuff together for a 6 to 7 hour endeavor.

The race wasn't set to commence for 18 hours, and already my teammates were there for me to dispel all this anxiety and to make all of these details seem like no big deal. The race itself was phenomenally run. Directions were perfect and signage was great. The volunteers were friendly and enthusiastic and dedicated to making this a great weekend for racers, spectators, and locals alike. Mary D., Dana, Faith, and Mary B. were so awesome to wait for me at the motel for dinner and to find a perfect place to eat and to pick up snacks for the morning. I cannot sufficiently portray what a huge relief it was to connect with friends and to have help navigating a strange environment.

Race day started perfect. Got up well, rested, and hungry. I ate about 800 calories over a 3 hour period of oatmeal, yogurt, and a banana. Had time to organize my day, visualize my race, and lay it all out on the bed. Headed to the race site with plenty of time to park and get settled. Again, connecting with my teammates really calmed my nerves and made me feel supported.

After a moment of meditation with Eminem, I was off to the swim. Taking it real easy on the swim, knowing that I had no idea how to pace for an event nearly twice as long as any I had ever done in the past and the first event of my season. I was grateful that it was nowhere near as cold as anticipated and I was able to control my breathing. A relatively uneventful swim except the guy who latched on to me, presumably to draft, but rather repeatedly clobbering me, swimming over me, pushing me, and generally pissing me right off. I made several attempts to swim away from him, and moved quite a bit lateral, but when he clearly followed me, I knew my attempts were fruitless. I swam it in and headed to T1.

Not in any rush to shave minutes off such a long race, I took the time to make sure I had every thing I needed and take a swig of Mylanta from my gel flask. Then the fun started. Off on the bike and I quickly realized why my bottle had been hanging oddly off to the side the last couple rides. The cage smashed entirely as I replaced my bottle and I watched in disbelief as the bottle and pieces of the cage littered the bike course. The doubts that I could finish this race started right then on this 85 degree day, the likes of which I had not trained in AT ALL, one bottle cage, and a good 5 to 6 hours ahead of me. My mind was racing. What can I MacGiver here to carry another bottle? I had to prioritize water or Gatorade. I must stay hydrated but I also need to keep my calories up and my electrolytes balanced. I settled on keeping my water since I had food and salt tabs and I would down as much Gatorade as I could muster carrying a bottle coming out of the relief stations.

I was pleased to see many porta potties, as I am known to overhydrate, and made a note of where they all were for the second loop so I could pace myself. Sadly, halfway through the first loop of the bike (not even an hour) I felt that awful grumble we all dread, but often anticipate, on a hot race day. From there out I did not miss a single potty stop and decided to time these stops (35 minutes in total ☹). There was no more aero positioning due to the discomfort factor and the challenge to stay hydrated reached a new level. I quickly determined I needed to focus on racing my own race and not to repeat my last ½ IM attempt which landed me in the medical tent 5 miles into the run.

As if it wasn't embarrassing enough that so many people saw me going in and out of those deathly hot potties, but near the end of my first bike loop, some dude passed me finishing his second loop! It was downright demoralizing. The fireman cheered for him as he went by and yelled for me to catch him. The humour overtook me and I had a good laugh and the boys in red actually lifted my spirits. After the first loop I couldn't take in any more gels at all and my PBJ couldn't have been more repulsive. Trusting I had taken in plenty of calories for the day by this point, I gave my belly a break and focused on water and Gatorade and salt tabs every 45 minutes. I stopped at an ambulance looking for tape for my cage or Immodium for my belly, but they said they had none. I reached into my Bento Box, pulled out the cell, and as un-dramatically as possible explained to my family, who was on the way up to see me finish, that I may not run at all. I would likely attempt to walk some, but I didn't think I'd finish this time.



A very long T2, as it involved more potty and a nasty impatient woman, who apparently had to pee, yelling at me for an ailment beyond my control. Remarkably, albeit slow, the run was not too bad. The length of the race was starting to exhaust me, but my intestines were feeling much better. As I started off on my first mile I heard a cheer and my name yelled from a blond flash of lightening running the other way. After a few minutes I realized that was in fact Maura, a full 6 miles (over 1 hour!) ahead of me looking fast and strong and happy and beating a pack of men. As I made it toward the first turnaround (about 3 miles) I saw many other TE ladies fly by me the other way as I struggled to figured out if they could possibly be finishing the race already when I had hours to go. Feeling like the end would never happen, here comes Maura again and flies right by me at the turnaround! I was so excited by her success I forgot to feel sorry for myself for a moment and then resolved to end the self-pity. Then Karen Smyers yelled "go TE" and then my teammates and Patrick kept emerging and cheering and then I actually wanted one of the cookies they were handing out! I passed a girl in a t-shirt that read "Daddy, I would do 100 Moosemen to have another day with you" and I started to cry. She said it kept her going, and by gosh, it kept me going too and I raced to the finish line. My husband handed me my son and we crossed the line together and I felt stronger than I had all day.

Alas despite my disappointment, my memories of Mooseman 2005 are a fabulous race of a beautiful course, incredible volunteers (the lady who danced in the devil outfit for hours, the kids who held my bike while I was in the potty, the policemen who were keeping us safe, the wise-cracking guy at the run turnaround, and the oodles of other people and TE ladies knowing just what to yell to me), a welcoming community, and excellent party favors.

Ten Triathlon Tidbits

By Cheryl Bayuk, Performance Training Systems

Triathlon is a sport that is constantly evolving: new products, new gear, and new recommendations. Whether we read a training article in an issue of *Triathlete* magazine, see a new bike at our local cycle shop, or admire someone's gear in transition, it leave us with doubts about our current system of training and product choice and fills our minds with questions about our future methods.

With the explosion of new technology guaranteed to make us better, faster, stronger, and lighter, there are a few fundamentals that can not be ignored in our sport. Some don't cost us anything; others may be an important investment to ensure comfort, injury reduction, and safety. Putting the time in *effective* training, getting enough sleep to allow the body to recover and repair, eating the appropriate foods at the right time in the right volume, using gear that suits you and your body type, and mentally adjusting to the emotional and psychological aspect of training and racing are the most basic of things to follow. However simple these concepts are, they still leave us stumped and searching for the right answers.

Keep in mind that what works for me may not work for you and vice versa. These are guidelines or tips that need to be customized according to you, your body, your schedule, your goals, and where you are at in your racing year. When working with my athletes or personal training clients, I cover most of these areas either directly or indirectly. I have learned from my own trial and error, from education, from observing, from research, and from personal and client success.

Triathlon Tidbit #1: Get a Plan, Stan!

There are many benefits to having a professional coach create a customized plan for you and assist you through your training. If a personal coach is not in your budget, a professionally created plan should be. There are many plans available that can be purchased from coaches, from on line sources, and in books for every race distance. In addition, put your plan and goals on paper, follow a weekly training plan, and log your progress. It is amazing at years end to look back in awe at the volume of swimming, biking, and running that you accomplished. A log also serves as a way to improve training for the next year, especially if you were plagued with injuries or had major successes.



Triathlon Tidbit #2: And They're Off!

The swim is proportionately the smallest portion of all races but can be the largest worry for many. Spending the time to drill, work on form and endurance is time well spent. Swimming outdoors with a group will help you with your sighting and following a steady course. If you are new to triathlon hang back at the race start or swim a little wider from the pack so you don't get kicked, swam over, and tossed around like a sock in the dryer. And don't be afraid to wear the colored cap that the race director provides for newer swimmers.

Triathlon Tidbit #3: Spinning Wheels, Round and Round

I learned a hard lesson, twice! I purchased bikes that on paper, and on the rack, seemed perfect. They were sleek, technologically advanced, lightweight, but wrong for my body, even with professional fitting. I sold both and went back to one that worked for me. In some cases, it is not the bike but the fit that needs to be adjusted. If you are buying, consult with a professional fit specialist to determine the right bike for you. After buying, or if you have had your bike for a while and feel twinges of pain or discomfort and begin looking around for a new bike, think about getting fitted by a certified fit specialist. Our bodies change over time too, so to might our position and need for a re-fit. The ride is the longest discipline in all races so it is important to be comfortable, powerful, and remain injury free. It is worth the investment.

Triathlon Tidbit #4: Run, Forrest, Run!

Running keeps us in shape and race ready, as long as it is done in the right running shoe. As much as I like Nike Shox Oz, they are not for me. Going to a specialized running shop to have your gait analyzed and fitted for the right shoe will help you run all those miles injury free.

Triathlon Tidbit #5: Eat, Drink, and Be Merry

Ah nutrition, the 4th discipline. Last year in training for Ironman USA, Lake Placid, I actually gained weight. It was the first time in 7 years of training for triathlon that this happened but it was also my first Ironman distance event. I over-consumed, partly to avoid bonking while doing long distance training, and partly to ensure that I was adequately replenished post exercise, and was I ever.

Tough to admit? Absolutely. Glad it happened? You bet. I am not a sports nutritionist or registered dietician but I am an athlete and triathlon coach – my experiences have made me better at both. Training and race day nutrition are as individual as it comes. There is no one magic recipe for us all to follow but I have learned, through practice and research, that there are a few golden nuggets, and not the McDonald's kind, to chew on and swallow, err follow:

- Experiment now, not on race day. In the first loop of the Ironman USA run, I ate a piece of Snickers Marathon bar that was provided on the race course, a food that I had never tried, did not know the ingredients of, but it was food and I was hungry. It stayed with me for most of the remaining 19 miles, and I found myself wishing I would get sick to get it out of me. My GI system was not happy with me for doing this on race day!
- Establish a plan – learn what you can eat/drink before and during training, when to eat/drink it, and follow it for race day.
- Eat foods that count – not empty calories.
- Gel and water, not gel and electrolyte drinks. Drinking an electrolyte replacement drink with your gel will not properly dilute the gel, thus slowing the absorption rate. Your stomach can become irritated and you may experience dehydration as other fluids are drawn to aid in the absorption of the gel. If your plan includes drinking sports drinks, wait about 20 or so minutes after the gel, and wait 20 minutes before consuming a gel after drinking a sports drink.
- Eat sufficient protein and carbohydrates within 30 minutes of training or racing for most benefits of recovery and repairing.



- Learn the difference between complex and simple carbohydrates.
- Protein and fat are your friends – just in the right amounts.
- For IM bound athletes, Dave Scott recommends avoiding drinking/eating too quickly after the swim. Allow the blood flow to move from the arms to legs; taking in excessive fluids or foods can interfere with that process. Small sips of water, one or two ounces are okay but try waiting about 15 minutes before you take fluid-replacement drinks and no more than 2-4 ounces; same thing at about the 30 minute mark. After 30 minutes, begin your nutrition plan for the remainder of the ride/day. Thanks, Dave!

For a detailed plan including how much carbohydrate, protein, fat and calories you need to consume daily, and broken down pre, during, and post training, consult a Registered Dietician that specializes in Sports Nutrition.

There are books and articles to further help you understand this issue and formulas to help you calculate your needs. There are many trainers out there giving out detailed programs that are not qualified to do so – you don't go to your dentist for an oil and filter change, you go to a qualified mechanic. Same applies here. Ask around, word of mouth is the best referral.

Triathlon Tidbit #6: Sleepless in Seattle, or Boston, or Chicago.....

Sleep is so *underrated*. All you type A's who live full throttle, jamming it all in 20 hours and sleeping only 4, think again. While you're sleeping your body is working hard to repair all the damage you have done to your muscles, joints, connective tissue, etc. while training. Basically, you are getting rebuilt. The average recommendation is 7-8 hours per night. Think about how much more you can do in less hours with a healthy, repaired, energized body.

Triathlon Tidbit #7: ChaChaChaChanges

For the pros and speediest of age groupers, transitions can make the difference between a win, place, or show. For the rest of us mortals, they still count and should be practiced regularly. During training, set your running shoes, glasses, hat, Fuel Belt, etc up – whether it is in your car, home, or gym locker, and move quickly from the bike to run, practicing methodically getting things off and putting things on. Even if your run is only a quick 5 or 10 minutes, going through the motions prepares you mentally and physically for your post bike task.

Triathlon Tidbit #8: Riders in the Storm

Mother Nature has a way of upsetting our ideal race conditions. Train in all types of weather and conditions to be prepared for what may come your way, especially since your body's physiological response may vary by weather conditions. Don't let bad weather conditions drag you down, remember that everyone in the race has to deal with the same conditions. Sometimes just laughing about it is best since the weather is one thing that you can't control but how you respond you can control.

Triathlon Tidbit #9: I think I can, I think I can, I KNOW I CAN!

Your mental attitude can make or break your race. You have plans for nutrition and training, why not motivation? The longer the race, the more chances to trigger a mental breakdown - the weather (rain, heat, and wind), flat tires, exhaustion, uncertainty with one's abilities. While in the solitude of your own thoughts during long training rides think about possible scenarios and your reaction to them. Being calm and collected will help you think more clearly, act more responsively, and get you back on course more positively. You've trained hard for that race moment; don't blow it with negative thoughts. Let your mind, your will, your desire, and your confidence be the wings that carry you across the finish line.

Triathlon Tidbit #10: Do What You Love, Love What You Do!

Need I say more?



Best of luck as you hit your season head on! Speaking of head on, always wear your helmet, and make sure your young ones do too, regardless of how young or old they are. And don't forget the sunscreen!

In Training and Racing,

Coach Cheryl

Cheryl is a USA Triathlon Level 1 Coach, an American Council on Exercise (ACE) certified Personal Trainer, Johnny G Certified Spin instructor, and YogaFit Level 1 instructor. She has 15 years of sport coaching experience, 7 years of personal training and indoor cycling teaching experience, and has been a competitive athlete for over 30 years, including 6 years as a triathlete. Learn more about Cheryl on her webpage or email her directly.

Finding the Motivation to Move!

By Judy Molnar, Iron Girl

Okay, so where is the motivation going to come from when you want to keep your butt on the couch instead of exercising? You would think with summer upon us that it would be easy. As you know keeping to a consistent training routine can be tough when the day has other things for us to do. So where does motivation come from? Well, lots of places. Motivation comes in all different forms. Sometimes it just takes a minute to think "Well, what if I don't go out an exercise? How will I feel? How will I feel if I eat another hand full of cookies?" Sometimes the strongest motivation can be our own thoughts. To do or not to do; that is the question. I am not trying to be Shakespeare here, although I did study him in college.

Your personal motivation can come from music, writing in a journal, sharing your success with family and friends, watching the Olympic torch lighting, feeling good each morning, TV, movies (yes, Rocky), watching a team win an amazing game, the medal hockey game in 1980, being healthy, watching flights into space, reading success stories of other people, watching the NBC coverage of the Ironman Triathlon World Championship, seeing your kids smile, the birth of a child (ouch, but way cool), the Bible, a hug, a pat on the back, reaching a goal, books, working hard, seeing some fat chick pass you during a race (hey that was me in a race a few years ago), poems, quotes, speeches, money (heck, cold hard cash can motivate some), and so forth. Are you getting the point that motivation is found where you need it to be?

There is no one way to get motivated. Motivation is personal! It is time to find your motivation. Start making a list of 10 to 15 things that get you motivated. Anything that reaches deep down into your soul and tugs like crazy to move you past your own comfort zone! It is that need to do something. A want. That feeling of being alive. Know where your motivation is. Know how it feels to be motivated. Catch that fire that burns deep in you. Tap into and all you are capable of becoming.

I can't tell you how to get motivated. That is up to you. But I certainly can give you hope that finding your motivation is a way to start learning how to celebrate your personal victories. Become aware of you. Know that everyone has trouble getting motivated sometimes. Professional athletes, CEO's, celebrities, bankers, teachers, bus drivers, construction workers, and parents all have to occasionally find the motivation to get up and out the door.

If I could bottle motivation I suppose the world would be a better place. But know that all the motivation you need is bottled right up inside of you. It is time to trust yourself and look inside to find the motivation you need to get going!

Judy Molnar is the Vice President for the Iron Girl brand and serves as a motivational coach as well. You can check out at www.IronGirl.com.

She graduated from Clemson University with a BA in political science and theatre. She also holds a professional certificate from the University of California San Diego in Fitness Instruction/Exercise Science. Judy is a Certified Lifestyle and Weight Management Consultant and Personal Trainer from the American Council on Exercise. Also she is an USA Triathlon Level 1 Certified Coach. Judy has lost about 100 pounds and is the author of the book, "You Don't Have to be Thin to Win." She finished Hawaii Ironman in 1999. She is very active with running races and triathlons. She is married and lives in Florida.



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