



Tri Fusion is?
by Jessi Thompson, et al.

Jessi randomly chose twenty Tri Fusion members and asked them each to complete the following sentence:
TRI FUSION IS...

- Tri Fusion is a place where I can smile, laugh and have one hell of a good time. The members are some of the most unique people I have ever met. I am very proud and feel very fortunate to be a part of this great group. ~ Dave Lawrence.
- Tri Fusion is people coming together sharing their personal goals and finding others to share and support one another in their accomplishments. ~ Rick Phillips
- Tri Fusion is a great group of people that you can enjoy triathlon craziness with! I overheard a guest say at a meeting, "Wow, all this triathlon talk... most people just think I'm weird, but here everyone talks about triathlons..." Major support group for encouragement, safety for group rides, suffering together through track workouts, teaching me how to push my bike pace...so much more! "Support" keeps coming to mind... Also, I can be excited and share my enthusiasm for the sport, where others don't "get it." ~ Virginia Knight
- Tri Fusion is neighbors helping neighbors. ~ Joe Byers
- Tri Fusion is a brotherhood and sisterhood of triathletes of all ability and experience levels; participator to elite competitor and novice to seasoned veteran. The members share in celebration of each others' accomplishments and in dealing with adversity. The spirit of teamwork abounds. ~ Cindy Thiel
- Tri Fusion is the motivation I need to NOT slow down in a race, to NOT skip a workout, to NOT sleep in on Saturdays. ~ Tim Swanson
- Tri Fusion is an incredibly supportive club for multi-sport athletes of all abilities. Tri Fusion is defined by its members and as such it is one of the most knowledgeable, talented, spirited and giving groups in the area! ~ Jennifer Shepherd
- Tri Fusion is camaraderie. Human potential at its best. What the human "race" should be. People who care, about themselves and others. No barriers, only opportunities! ~ Russ Howard
- Tri Fusion is... AUTHENTIC. ~ Lorie Sandaine
- Tri Fusion is a platform where some of the greatest people in the Spokane area (who happen to be triathletes) can share goals, dreams, a lot of hard work and even more fun becoming better at what they love to do, and supporting each other every single step of the way! ~ Brian Roberts

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- Tri Fusion is much more than a triathlon club, it is more like a family. Although it has many of the top athletes in the Northwest, even a relative beginner such as myself feels comfortable. Many in Tri Fusion have given me their time and hard fought experiential advice which has helped me this season. Having people around that support and know how hard you are training means a great deal to me. Recently I finished my first Olympic distance triathlon and having a couple of club members with me made a huge difference. Also, the ability to meet up with people for training keeps the motivation high because for me, running, biking and swimming by myself gets to be a grind after a while. ~ David Morgan
- Tri Fusion is a group that stand together and there are members willing to set aside their own personal goals to help someone else. ~ Daryce Wyborney
- Tri Fusion is a group of amazing people! They are willing to share their successes/failures/knowledge about triathlon to help and encourage me to get my rear out of bed every morning to train. I feel blessed to belong to such an inspiring group! ~ Allison Barr
- Tri Fusion is new friendships, camaraderie, enthusiasm, health and fitness and people with a strong PASSION FOR LIFE! ~ Vicki Scates
- Tri Fusion is a big family... every person is an inspiration in their own way. People are kind, fun, encouraging and caring. The sport of triathlon can be somewhat lonely and isolating if you let it. Tri Fusion makes it FUN, SOCIAL and really makes you feel like you are part of a TEAM (something bigger). The club is a great way to meet new people that share your somewhat warped passion for the sport. ~ Summer Goetz
- Tri Fusion is an amazing group of people who motivate, inspire and challenge me to live my best life! ~ Kendra Edlin
- Tri Fusion is an empowering community where I can take risks, feel supported and get inspired daily. ~ Kathleen Taylor
- Tri Fusion is a melting pot of talent, desire and passion where everyone is supported. ~ Matt Taylor

Caribbean Pulled Pork*submitted from Jessi Thompson*What you will need:

1 raw picnic pork/ham (approx. 5 lbs.)
 1 T or more white wine vinegar
 1 T fresh ground black pepper
 1 T minced garlic
 2 T fresh oregano (chopped)
 1 bay leaf finely crumbled
 1 t ground cumin
 1 T olive oil

Directions:

Soak picnic pork for at least one hour submerged in water (this will take some of the salt out).

Preheat oven to 200 degrees.

Combine all remaining ingredients except for vinegar in small bowl to make paste.

Make shallow slits on the surface of the pork. Rub vinegar all over the surface of the pork. Rub paste all over the ham shoving it into the slits.

Roll the ham in aluminum foil (use 4-5 layers of foil). Place ham in roasting pan. Cook pork for 10-18 hours depending on weight. Let set 30 minutes. Unwrap ham and it will literally fall apart. Shred with fork or tongs and throw away clumps of fat and bone.

You can serve this as a main dish by itself (try it topped with mango or pineapple salsa), or as the meat for tacos, burritos, enchiladas, and/or tostadas. Try putting the meat in a sweet roll topped with BBQ sauce. Delicious!

Fast Food Picks that Won't Tip the Scales
by Ben Greenfield

Ever find yourself hungry, short on time, and without any healthy snacks on hand? Although they shouldn't comprise the majority of your diet due to high amounts of preservatives, low-grade meats and artificial sweeteners, fast food restaurants have made some effort to cater to a wellness-focused lifestyle. Here's a table that Ben Greenfield created for a weight loss client who needed to include fast food lunches in their busy lifestyle.

Restaurant	Choice 1:	Choice 2:	Choice 3:	Choice 4:
McDonald's	Asian salad. Grilled chicken instead of fried, dressing on the side, only use 1/2 the dressing. If possible, no crunchy noodles.	Southwest salad. Grilled chicken instead of fried, dressing on the side, only use 1/2 the dressing. If possible, no cheese.	Snack size fruit and walnut salad. Also good for breakfast.	Honey mustard or ranch snack wrap with grilled chicken.
Qdoba	Naked burrito (any) with chicken, no rice, or substitute beans for rice.	Naked taco salad, no shell.	Tortilla soup (no sour cream or tortilla chips).	
Quizno's	Any flatbread chopped salad. Only use 1/2 the dressing. No flatbread.	Fruit parfait with yogurt. Also good for breakfast.	Chicken noodle soup.	Oven roasted turkey sub. No mayo, only eat 1/2 the bread (throw away the top).
Subway	Any "under 6 grams fat" sub. No mayo, only eat 1/2 the bread. Sides: apple slices or raisins.	Any salad. Dressing on the side, only use 1/2 the dressing. Sides: apple slices or raisins.	Any wrap. No mayo. Sides: apple slices or raisins.	
Taco Bell	Grilled steak or ranchero chicken soft taco, order "Fresco style."	Beef soft taco supreme, order "Fresco style."		
Taco Time	Veggie burrito. No cheese, no sour cream.	Chicken fiesta salad. Chili lime dressing on the side, use only 1/2 the dressing, no cheese, no sour cream.	Chicken soft taco. Whole wheat wrap, if available, no cheese, no sour cream.	
Wendy's	Mandarin chicken salad or chicken BLT salad. Grilled chicken instead of friend, dressing on the side, use only 1/2 the dressing. If possible, no crunchy noodles or croutons.	Low fat strawberry flavored yogurt with granola topping. Also good for breakfast.	Chicken grill sandwich. No mayo, no cheese. Preferably only 1/2 bread (throw away top half).	

Sponsor Highlight: The Ironman - 140 miles with IMPaX!
by Kathi Best



As an endurance athlete, I needed to develop a well thought-out nutrition plan for the Ironman distance triathlon, a plan that I had tested repeatedly in training. One of the most important aspects of training for an Ironman is to develop a fueling strategy. One of my main objectives during the 112 mile bike leg was to fuel my body so that it would be prepared for the marathon that followed. On the bike there are already potential mechanical problems and course challenges that sometimes cannot be avoided, but an aspect that I do have control over is my nutrition. How well I fueled my body during the bike leg largely determined how well I would run.

My fueling strategy had to include many aspects of nutrition, because my body faced many demands that stress and deplete its vital nutritional stores. I had to factor in hydration, calories, electrolytes, proteins, fats, adaptogens, glycogen stores, glucose consumption and much more. My body burns 5000+ calories in an Ironman distance race and I needed to replace them all with products that would not stress or tax my body and products that would quickly and easily be absorbed into my blood stream for fuel and energy.

There are companies that have entire lines of products that are specifically designed for sports nutrition and I use many of them. IMPaX WORLD has some amazing products that I use to fill in the holes that my sports-specific nutrition does not provide. Two of IMPaX WORLD's products provide super fuel and sustaining energy that helped carry me through my 140.6 miles race. During the Ironman race I used two packets of Delta-E and 20+ capsules of EnerPrime. These same products also aided in my recovery process. They provided my body with key nutrients that help prevent my tissues from being depleted and torn down.

The bottom line? A few weeks ago I competed in my first Ironman distance race and I felt and performed at a level that I didn't know was possible! My nutrition plan powerfully fueled me throughout my bike leg and sustained me for a successful and strong marathon. I am so grateful for the help that I have received from these phenomenal products!

For more information contact:

e-mail: info@impaxworld.com

phone: 916-939-9830

web: <http://www.impaxworld.com>



Race Review: Medical Lake Sprint

by Jessi Thompson

Let me start off by saying that this race rivaled Ironman as my favorite triathlon EVER! Being able to share this with my dad, Tim Seppa, was a lifetime memory that I will cherish forever. My dad's perseverance is inspiring and I loved being able to watch him challenge himself after having his back surgery just three months ago.

Before the swim start, I could tell my dad was just a little bit nervous, but mostly excited.

When it was time to go, we waited just a few seconds before getting into the water to avoid being kicked around too much. I swam alongside him and even watched him underwater, im-

pressed by how smooth he looked. When we rounded the buoy, it was pretty crowded and we couldn't swim per say, my dad smiled and asked me if this is the part where we start mooing like cows? He swam a great line back to shore and passed quite a few folks. We made it back to the beach, holding hands, smiling and loving all the cheers awaiting us.

We transitioned to the bikes and began the ten miles ride. My dad was still a bit winded from the swim but quickly got his breath back and rode a very strong, consistent pace, especially considering he was not exactly riding a speed demon of a bike. I was impressed by how well he rode and

their hearts out for us both. All of a sudden, my dad started jogging! Are you kidding me? He told me he hadn't run in about twelve years but it felt like a crime not to do some running. although I'll admit I was a little nervous about him overdoing it, I followed his lead and we walked/jogged the three miles of the run.



loved being able to ride alongside him and chat some on the bike.

Earlier, my dad told me that if he felt good enough, he was going to walk the "run" portion. So, when I asked if he wanted to try walking the next leg, he said yes! We got off our bikes and started out of the transition area. It was so great to hear all of the cheering and see the Tri Fusion banner and signs. I was so grateful to all the members who adopted my dad and cheered

As a fun treat we had some gorgeous girls accompany us to the finish line! We all ran the last stretch to the finish. I loved seeing my dad with the post race "high" and even talked about the possibility of doing another triathlon. We celebrated the rest of the day playing in the park, enjoying the Tri

Fusion picnic social, and swimming in the lake.

I LOVED every second of this experience and was incredibly honored to share it with someone who has inspired me my whole life to tap into my "jock" self and go for it. I never used to think anyone ever had a perfect race... I was wrong... I just did.

“Metabolic Math”
by Ben Greenfield

Number-crunching formulas that approximate metabolic rate only work well for average individuals of a normal body composition, height and weight. Let's face it - most endurance athletes aren't "average." By undercutting their resting metabolic rate by just a few hundred calories, an athlete can completely deplete storage carbohydrate levels in less than a week. Conversely, a daily energy surplus of just a few hundred calories can stretch the spandex by more than a pound a week. Therein lies the danger of fueling based on an approximate mathematical equation for metabolism.

A more precise method of determining resting metabolic rate is via respiratory measurements in an exercise physiology lab or health center. This test costs anywhere from \$50 to \$300 depending on where you have it performed. In the procedure, your inspired oxygen and expired carbon dioxide are measured to determine your daily caloric expenditure at rest, as well as the percentage of body fat and carbohydrates that are being burned. To account for the thermal effect of physical activity, this test can also be performed as you ride your bike or run on a treadmill, and your caloric expenditure at each speed or heart rate can be determined, allowing you

to precisely determine proper caloric intake for energy deficit, energy balance or energy surplus.

The reason this test works is because the amount of oxygen consumed and carbon dioxide produced correlate to the amount of nutrients that are being burned for energy. A specific volume of oxygen is associated with a precise caloric value, and expired carbon dioxide reflects carbohydrate utilization. The leftover caloric consumption is then attributed to fat utilization (protein used as energy, at rest is negligible, and is actually quite minimal until the 2-3 hour mark of exercise).

So, let's look at an example of how a triathlete can use metabolic calorie determination to their advantage. Joe Triathlete takes a resting metabolic rate test at his local exercise physiology lab and discovers that his body at rest burns 1800 calories. This means that Joe could lie in bed all day and do absolutely nothing, and he would still burn 1800 calories. This also means that if Joe were to follow a 2300 calories per day diet without exercising, he would gain a pound of fat a week!

Then, Joe takes an exercise metabolic test and finds out that 650 calories per hour is the average caloric expenditure associated with the heart rate at which Joe will be performing his two hour weekend bike ride. To maintain energy balance, he will need 1800 calories from his resting metabolic rate plus 650 calories X 2

hours of riding, for a total caloric consumption of 3100 calories.

Joe can then adjust his number up or down, depending on his energy balance goals. If Joe is trying to lose weight, he could underfeed by 500 calories during the day of his bike ride. If he's trying to gain weight or carbohydrate load, he could overfuel accordingly.

For athletes attempting to pursue weight loss and performance simultaneously, my coaching recommendation is as follows: eat at least the number of calories associated with your resting metabolic rate, and achieve any desired caloric deficit through exercise. Furthermore, when attempting weight loss, males should not consume more than 1000 calories under their energy expenditure (not to be confused with resting metabolic rate), and females not more than 500 calories. If a caloric deficit is too large, the metabolism will naturally decrease, performance will be limited, energy levels and mental focus will suffer and the immune system can be compromised.

For an athlete on a training program that cycles between hard and easy training and includes recovery days, the greatest emphasis on energy balance should take place on the hard days. During easy training and recovery, it is possible to underfeed without significant metabolic damage.

"Metabolic Math" cont'd from page 6

In such a scenario, a triathlete who is attempting to lose weight can maintain full storage carbohydrate levels for hard training sessions and races, while allowing for an energy deficit and fat burning on easy and recovery days.

In summary, maintenance of energy balance in endurance athletes is crucial to performance, and utilization of metabolic data combined with knowledge of calories consumed is the most precise method to achieve balance. Until next time, train smart!

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August Calendar

Training Opportunities:

North Spokane --

Tuesdays & Thursdays @ 5-6 am: Spin class @ OZ North.

M-W-F: @ 5:30-7 am: Unstructure pool swim @ OZ North.

Tuesday evenings: BLTs @ 5:15 & 6:15 pm @ KJW-G's house. Bike loop repeats, come for 1, 2, or 3 loops.

Saturdays: Outdoor ride, meeting location & time posted weekly on the Tri-Forum.

Liberty Lake --

Mondays & Wednesdays: Spin class @ 5:45-6:45 am @ Liberty Lake Athletic Club.

Mondays & Wednesdays: Meet @ 5:15 pm: Swims from the beach.

Races:

Aug. 19: Apple Capital Triathlon at Wenatchee, WA ALSO

West Plains Wunderwoman Sprint Tri at Medical Lake, WA

Aug. 25: Hell's Gate duathlon at Lewiston, ID

Aug. 26: **Ironman Canada** at Penticton, B.C., Canada!

Sept. 1: Titanium Man Olympic Tri at Kennewick, WA

Sept. 8: Aluminum Man Oly & Sprint Tri at The Dalles, OR

Sept. 9: Escape from the Gorge Oly Tri at Cascade Locks, OR

Sept. 15: Grand Columbian IM & Half IM at Grand Coulee, WA ALSO

USAT National Half IM Championship At Innsbrook, MO

Sept. 16: National Club Triathlon Championship at Innsbrook, MO

Upcoming Events:

Next Member Meeting: Wednesday, September 19th @ TBA. BoD meeting @ 5:30 pm, followed by General Members @ 6:30 pm.