

February 2008



We want 'em! Your kids from ages 4-12 are invited to join the Tri Fusion Kids Club!

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TRUTH VS. MYTH

At PowerBar they take sports nutrition and training information seriously. This topic was created to help you find the real story behind some common misconceptions in the sports nutrition and training world. The information below will prevent you from being led astray and help you take your training and nutrition goals to the next level.

- MYTH #1 => Skipping breakfast before a morning workout will help you burn more fat.
Skipping breakfast before a workout won't burn significantly more fat, but it will potentially cause you to burn fewer calories because you may get tired sooner or may not be able to train at your usual intensity.
- MYTH #2 => Antibiotics impair athletic performance.
An infection is much more likely to cause a reduction in athletic performance than the antibiotics that may have been prescribed to treat the infection.
- MYTH #3 => Exercise-induced hyponatremia, or low blood sodium, is caused by drinking too much during exercise.
The factors that appear to be responsible for exercise-associated hyponatremia include drinking too much, but that alone is not the cause.
- MYTH #4 => Sex before competition slows you down.
In the few studies that have tackled this issue, no detrimental effect was noted on maximal workload or concentration due to sexual activity.
- MYTH #5 => A pre-exercise meal consisting of lower glycemic index foods, which are typically higher in fiber, gives you sustained energy during a subsequent workout.
Research has shown no consistent performance benefits from eating lower glycemic index (GI) foods like whole wheat bread in the pre-exercise meal.
- MYTH #6 => Caffeine causes dehydration during endurance sports and should be avoided.
The most recent scientific evidence shows that caffeine is actually not a significant dehydrating agent during exercise and does not cause fluid-electrolyte imbalances that would be detrimental to health or performance.

Why Do Yoga?
by Sage Roundtree
Author of: *The Athlete's Guide to Yoga*

In a training week already chock full of workouts and other commitments, it can be tough to see the benefit of adding yoga to the mix. Wouldn't that time be better spent on the road, trails, track, or in the pool? Not necessarily—especially if you have limited flexibility that impairs your range of motion. Yoga can certainly improve your flexibility, but it will also enhance your training by increasing your strength, your mental focus, and your mind-body awareness. In addition, yoga gives you an opportunity for recovery between workouts.

Strength: Yoga uses whole-body movements to increase your functional strength, making you stronger organically. This serves as a good complement to the work you do on the weight-room floor. Be sure to schedule your class or longer home practice on a day when you are not lifting.

Flexibility: Yoga's stretches, practiced mindfully and noncompetitively, will increase your flexibility and help correct imbalances in the body. This improves your efficiency and can help prevent overuse injuries.

Focus: Yoga teaches you to focus your attention on the present moment, using form and breath to stay relaxed at the edge of intensity. It's an experience very similar to being in a race: you come up to just below the limit of what you expect you can sustain, and keeping your attention on form and breath, you hold yourself there.

Breath awareness: Yoga emphasizes long, slow, diaphragmatic nasal breathing, which teaches you to use oxygen efficiently.

The more you know about your breath and its patterns, the more you can use it as a tool to gauge your effort. Breath awareness also improves your swimming by helping you grow more comfortable with different inhalation to exhalation ratios.

Recovery: A dedicated yoga practice gives you a chance to relax. On the mat, you'll tune out the distractions of your day and tune in only your breath and your body, focusing just on the moment. Some yoga positions, like the one described below, can actually speed up the recovery process.



A Pose to Try

Viparita karani, or legs-up-the-wall pose, is a great pose for practice after a long workout or on a rest day. You'll give your legs a chance to recover while resting your back and, depending on your flexibility, stretching your hamstrings.

Sitting on a soft surface (a mat, a blanket, a carpet), scoot one hip as close to the wall as you can, then swing both legs up so that you are "sitting" on the wall. If your legs don't want to stay put, you can strap them together with a yoga strap or a necktie, or slide your seat away from the wall a little without locking your knees. Hold your spine neutral and choose a comfortable position for your arms: in an inverted V by your hips, out to a T, bent to a W, or in a full V overhead. This will give you a chest

stretch as you rest here. Stay for at least three minutes and up to ten or more, breathing slowly and deeply. If you find your mind wandering, bring your awareness back to the sensations in your body—they should remain pleasant—and to the motion of your breath. To come out, turn to your right side and rest a few breaths in a fetal position before moving on.

Finding a Class

Many athletes are turned off of yoga because they drop in on a class that's either far too easy or way too hard. You'll want to find a class appropriate for where you are in the training cycle. In the off-season and base period, a more dynamic class (Ashtanga, power, and vinyasa yoga) is appropriate. As you build, stick to gentler classes that focus on flexibility. Your racing season is a good time to work on restorative and very gentle yoga classes, and these make a good introduction to yoga throughout the year.

Look on yogajournal.com and yogafinder.com to find a local studio or teacher. If you don't connect with the first teacher you meet, visit other classes—there is a wide spectrum of styles out there, and with a little searching, you'll find a good match.

For More

To learn more about how yoga will enhance your training and racing, see my book, *The Athlete's Guide to Yoga*, just released by Velo Press. It contains a DVD to guide you through 15 minutes of yoga practice. (A full-length DVD will be released by Endurance Films this spring.) I blog about yoga and training at <http://sagetree.blogspot.com>. You can follow my podcast of short post-workout routines and check out my upcoming workshops at <http://www.sagerountree.com>.

Dry Land Strength Training
by Sheena Shadl and Ben Greenfield

Against mixed emotions, I decided to register for Ben Greenfield's Dry Land Strength Training workshop. I'll start this out by letting you know that Jessi was gracious enough to offer me Recover-Ease after the clinic. I declined, thinking I hadn't done enough to merit the need.

I was wrong.



I had heard a few comments made by members and non-members alike that I probably wouldn't learn anything that I didn't already know (due to my current routines). I'm mentioning this because I learned a great deal more than I had anticipated. If I already knew a move or an exercise, Ben had a twist that turned it from mediocre to excellent, yawn to Oh Yeah! He took the time first to demonstrate proper form and technique, and then to let us go through the circuit with constructive critiquing. All the while, Ben was taping the routines for future reference on the Champion Sports Medicine website. Ben's insight gave me the motivation to cut unnecessary exercises out of my routine and implement more triathlon specific moves with the why's and the how's to do so. I would recommend these strength training sessions to anyone looking to kick-start their training, who need new ideas or to add challenge to their current routines. – Sheena Shadl

Injury prevention, core strength, and enhanced swim, bike and run power, efficiency and economy: these are the top reasons to include resistance and core training in your program. Ben Greenfield has developed a series of brief but highly effective weight training protocols for triathletes, and over the course of the winter, he is teaching them to Tri-Fusion members.

This is your chance to learn from one of the top strength and conditioning coaches in the nation on how to enhance your sport.

All clinics are held at Champions Sports Medicine at 730 N Hamilton St in Spokane. The next clinic is Saturday, February 23 from 5-6:30pm, and the following clinic is Saturday, March 22, from 5-6:30pm.

Bring your exercise clothing and note-taking material. All participants receive a copy of Ben Greenfield's pamphlet on 12 Top Resistance Training Routines for Triathletes. You will benefit from attending any of the clinics, but each one will cover separate resistance training protocols – so you can attend every clinic if you'd like to build on the information in a previous clinic.

Clinics on:

Feb. 23: 5-6:30 p.m.
March 22: 5-6:30 p.m.
@ Champions Sports
Medicine

CORE STRENGTH =

injury prevention
enhanced swimming, biking and
running



10 Simple Ways to Boost Endurance by Ben Greenfield



Iron is a key component of your body's oxygen carrying and distribution pathways. But for many females, endurance athletes, or individuals predisposed to anemia, it can be difficult to practically consume enough iron.

As with all nutritional habits, rather than just blindly "popping pills" and relying strictly on supplements, it is ideal for your body to achieve adequate vitamin, nutrient, and mineral intake via natural means. Supplements can be highly effective, but remember that you must eat real food!

So I'm going to share with you 10 very effective, practical, easy and tasty ways to optimize your iron intake, designed with the busy triathlete in mind:

1. Eat the following "Power-Iron" salad 4–5x/week: Sprinkle 1 teaspoon of wheat germ or unsweetened bran cereal (available in cereal section of grocery store) on a 1–2 handfuls of spinach and romaine lettuce. Include a handful of chopped broccoli and 2 tablespoons of garbanzo, kidney, lima, pinto, black beans, or navy beans. You can also include a 1–2 teaspoons of chopped olives and 1–2 chopped celery stalks. Use an olive oil/vinaigrette dressing, and include if available 1–2 pinches of parsley, thyme, oregano and/or basil.
2. Eat 1 handful per day of the following snack mix: 1 part pumpkin seeds, 1 part soy nuts, 1 part sesame seeds, 1 part raisins, raisins, or dried blueberries.
3. Try the following meal that is a huge iron boost, and experiment with your own variations: roasted or sautéed asparagus (3–5 pieces), sautéed with olive oil, tofu, sea salt, pepper, turmeric to taste, lemon juice and slivered almonds. Include if available 1–2 pinches of parsley, thyme, oregano and/or basil. This is a very easy and quick meal to prepare and pack for lunches or to eat as a side with dinner.
4. Other high-iron ³produce² foods to include regularly in salads and as lunch or dinner sides, and to purchase frequently when at the grocery store: string beans or green beans, kale, mustard greens, kelp, Brussels sprouts, olives, green peas, fennel and celery.
5. Ensure that your multi-vitamin includes: ferrous sulfate, ferrous fumarate or ferrous succinate. Recommend amounts will vary depending on size, sex, and unique situation. For a more comprehensive discussion of unique iron needs, visit WHfoods.com.
6. Wait at least 1 hour after a meal before drinking any black or green tea, both of which contain tannins that can interfere with iron absorption.
7. Include 1/2–1 teaspoon of cinnamon with all breakfast foods, yogurts, cereals, etc. You'll receive the added benefit of the blood-sugar stabilizing properties of cinnamon.
8. If you consume oatmeal, consider substituting with cooked quinoa, which is higher in iron. Amaranth and millet are also good choices.
9. If possible, eat a serving of red meat (the side of a deck of cards) 1–2x/week.
10. Chopped fresh dill weed and salmon go very well together and would be another excellent dinner choice that is high in iron. You can serve with roasted asparagus, or any of the other vegetables listed above. Crimini mushrooms also are high in iron and are excellent sautéed with the salmon.

Remember that I offer nutritional consulting for athletes, weight loss, or general health. Just go to www.champsportsmed.com.

Until next time, train smart,

Ben

Greenfield



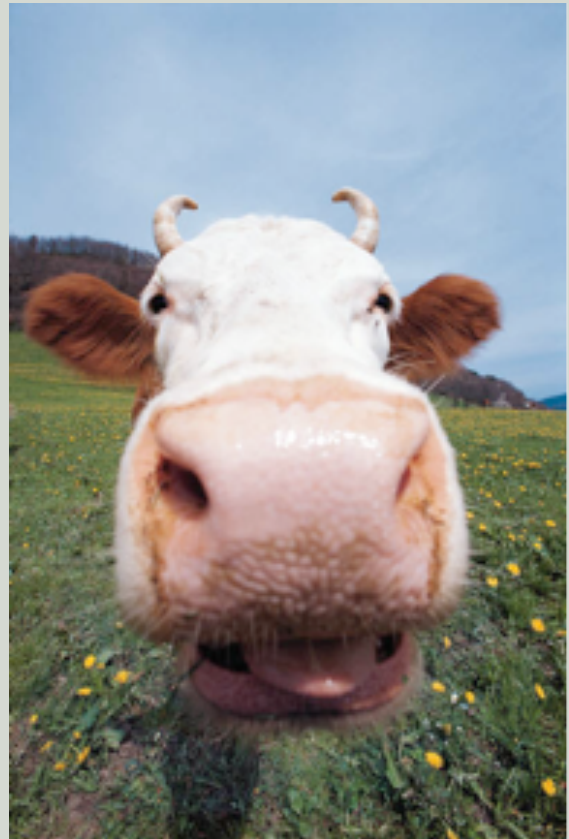
Race Review? Sorta: Black Diamond Half-Ironman by Sam Picicci

I was racing in Enumclaw, Washington at the Black Diamond Half Iron Man inaugural race in 2003. At almost half way through the bike leg, I was passing a rider and noted to him that the cows in the field stunk. I heard him say "ya" and in the background I heard some other voice screaming, I but could not make out what was being said. So, as I passed and got back over I heard that dreaded noise of a front tire puncture.

I stopped my bike and jumped off and started to change the front tire. As I got the front tire off, a little pickup truck pulled up in front of my bike and another right behind me. I thought to myself "great! race support is fast and I won't lose much time." Well, it was not race support; it was a local farmer and his friend that did not like the comment I made about their cows. I mean this was a total hill-billy with missing front teeth, standing in my face screaming all kinds of language at me. He was threatening to kick my butt and would not get out on my face. One of the other triathletes in the race stopped to ask if things were okay and the farmer told him to get out of there in a nice, vulgar way and the triathlete took off like a cat being chased by a big dog. I thought to myself "thanks for the help."

Anyway, after about five minutes of the vulgar abuse I decide to fix my tire with him yelling at me. He eventually walked back to his truck and brought back a Folgers coffee can. He was holding the can with his fingers inside the can and yelled at me as he stood over the top of my bike. As he was standing there, he said "hey &*\$%! what do you think of this?" and he proceeded to tip the can down on my bike. Soon, I noticed a brown substance coming out of the can and it turned out to be cow crap. He poured the cow crap all over my seat and back tire!

It was at this time a local police office drove by and I was yelling for help. The police officer stopped the car and turned around and got out. As he walked up, the farmer started to let him know what was going on and it went something like this. "These guys are riding their bicycles by our farm disturbing us and he said our cows stink." The police officer said that he has a right to his opinion and that I should go on my way. I told the cop that he poured cow crap on my bike and I need to get it off. The officer went back to his car and came back with one paper towel and said that would do the job!



I was so shocked about what had happened, I just grabbed a water bottle and sprayed off my bike and put the tire on and took off. When I got about five miles down the road and realized that I couldn't use any of my liquids because they were on the back of my bike seat where he poured the crap and I didn't want to drink from them. I finished the race and have not been back since. Just one triathlete's horrible race experience, one I thought worth sharing.

SUGGESTED PRODUCTS

Cause, Effect & Solution for Chlorine Damaged Skin & Hair by Rick & Berkeley Phillips

THE CAUSE: CHLORINE

Chlorine is the chemical added to pools to keep them free of bacteria. Although it's a necessary substance to prevent disease, this strong oxidant damages skin and hair even at very low levels. It also alters the PH levels of both the skin and hair. Our natural PH Level is 4.5 to 5.5. The PH Level of pool water is 7.5 to 8.2.

SKIN:

The human skin is made up of protein that protects you from stimulus, irritation and evaporation. But chlorine is reacted to destroy protein, which roughens and ages your skin causing various problems.

HAIR:

The human hair, also derived from protein, is defenseless to chlorine if left untreated. The chemical causes damage to the outer most layer of hair, the cuticle and cracks it. Once the cuticle is cracked, the inner hair parts are exposed. The hair becomes brittle, develops split ends and loses shine and strength.

THE EFFECT: CHLORINE

SKIN:

Chlorine is a serious irritant and creates carcinogenic by-products. When skin absorbs chlorine, it forms chlorine oxides, which combined with fat leads to aging, de-pigmentation, and freckles. It also kills much of the beneficial bacteria, our natural defense, found on the skins surface. Skin disorders like eczema, psoriasis, dandruff and chronic dryness are all heavily effected by the moisture content of the skin. Chlorine robs the skin of its natural protective oils, causing scaling, itching and bacteria imbalances.

HAIR:

The residual chlorine causes hair damage like loss of hair, split ends or change of color. The main reason is that the hydrolyzed proteins combined with chlorine take away moisture from the hair.

- Hair feels dry, brittle
- Hair is difficult to comb through; tangles easily.

- Hair moves in sections; clumps together.
- Hair feels gummy, has a fiberglass appearance.
- Hair is discolored (blonde hair turns green, brunettes tint darker).

THE SOLUTION: CHLORINE

SKIN:

- Always rinse immediately after swimming to remove as much chlorine as possible. This is the first step in restoring the skins PH balance.
- Use a body wash.
- Pat skin dry with towel. Do not rub.
- Apply a lotion that contains an acid or has a lower PH level within five minutes of showering. The skin surface closes and repels products used after this allotted time.

HAIR:

- Head off chlorine damage before getting into the pool. Soak your hair in the sink or shower before swimming. If your hair has already absorbed lots of non-chlorinated water, there will be little room left for the hair shaft to absorb the chlorine. Apply conditioner and leave in.
- Wear a swim cap to limit the contact with the chemical. Use two if one is too loose.
- Wash your hair with a shampoo that is specially formulated to dissolve chlorine. Never allow chlorinated hair to dry without washing, since this increases the chances of drying and breakage.
- Condition hair after each shampooing. Alternate regular conditioning with a deep-conditioning treatment once a week to keep hair moisturized.

SUGGESTED PRODUCTS by CHEECHES.COM

SKIN:

- Dermalogica Conditioning Body Wash
- Prokera Hand and Body Lotion

HAIR:

- Icon Sense Stimulating Energy (clarifying shampoo)
- Icon Drench Hair With Moisture (moisturizing shampoo)
- AG Ultra moist Conditioner (moisturizing conditioner)
- AG Deep (protein treatment)



FROM CHEE CHEES

Iron-Lingo

Lee Gruenfeld explores the wealth of vocabulary in triathlon.

Ever wonder where some of those great Ironman triathlon words and phrases come from? Me neither. But, amateur etymologist that I am, I decided to do a bit of research, and discovered that there is a great deal of misconception about the origins of some of the more popular terms in the sport. Here are a few examples, in no particular order:

- **Bonk:** An unfortunate and premature cessation to a planned bike ride. The term is onomatopoeic in origin, being eerily similar to the sound made when a bike helmet hits a telephone pole.
- **Brick:** A form of workout that, over time, maximizes volumetric uptake. From an old technique employed by Her Majesty's Middle Eastern Lancer Brigades in order to get a camel to drink 12 quarts of water prior to a desert crossing even though a camel can normally only drink 10 quarts. The technique involved inducing a gasp, and the consequent intake of the two extra quarts, by smartly bringing down on the poor beast's head a large brick. The effect of a "brick workout" on a triathlete is much the same.
- **Ali'i:** Incorrectly thought to mean "Avenue of the Royals," it is in fact another bit of onomatopoeia based on the condition of athletes entering the finishing stretch. When screamed with proper emphasis, it is a fairly accurate transliteration of the sound one might hear if one touched a red hot poker to the eyeball of a wild boar.
- **Energy Lab:** Shorthand for "Lack of Energy Lab"
- **Paula Newby-Fraser:** Her real name is Florence Schwesterhosen, but a business partner suggested that this might not be the best moniker for selling women's athletic clothing. So Schwesterhosen hired a marketing firm (the same one that came up with "hydrate" instead of "drink") to devise a classier name. Rejected first attempts included "Tuffie McGraw," the "Wizard of Vog" and "Eleanor Roosevelt."
- **DNF:** Florence Schwesterhosen's sister, Dora.
- **Fartlek:** Don't go there.
- **Runner's high:** A myth perpetuated by a failing shoe manufacturer in a bid to boost sales. It worked for a while, but, like structured water, the giant squid, tasty health food and the benefits of fitness in general, it's a crock.
- **Body marking:** A term borrowed from the late-1990s/early-2000s teen craze of mutilating one's body with all manner of piercing and permanent graphic decoration, "body marking" is a euphemism intended to be less intimidating than "branding."
- **Aerobars:** Like energy bars, only lighter.
- **Clipless pedals:** Pedals that clip to your shoes. Go figure. (See "married bachelor" or "dry water" for related oxymoronica)
- **Drafting:** Forced servitude in the military. Adapted to also include forced servitude in triathlon, e.g., "If you don't come to Lubbock with me I'm going to make your life a living hell."
- **Negative split:** A grammatical error, e.g., "I ain't going to no Lubbock, no way, no how."
- **Crank:** Synonym for "draftee."
- **Top tube:** Australian nickname for the winner of an Ironman. "Don't bet against Florence Schwesterhosen, mate: The little sheila was top tube for six bloody years!"
- **The wall:** An impenetrable barrier that's always located a half-mile before the finish line, regardless of the length of the race.
- **Entry fee:** In Middle Ages England, a prisoner condemned to death was required to pay the executioner for his service. It is much the same with Ironman.
- **Number belt:** A forensic device that enables the positive identification of bodies, obviating the necessity to match dental records following a race. Considered a backup to "body marking" (see above), which is unfortunately subject to erosion by contact with lava. (see "road rash")
- **Road rash:** A light-hearted euphemism which, like "This might sting a little" or "Isn't it great you still have one kidney left?" is intended to cover over the fact that bare skin slamming into rough pavement at 45 mph isn't quite the same as a hot oil massage from Carmen Elektra.
- **Clydesdale/Athena:** A triathlete who has achieved oneness with gravity
- **Lottery:** Avenue of admittance to the Ironman World Championships for those who have achieved oneness with gravity
- **Gu:** Baby talk. Frequently heard being muttered by athletes proceeding down Ali'i Drive on all fours.
- **Speedo:** An item of extremely intimate apparel made from dental floss and worn primarily by dominatrixes in Sweden. Legislative proposals to ban its use by Clydesdales within the U.S. have thus far been unsuccessful.
- **Carbo loading:** Dinner at my house.
- **DQ:** Dairy Queen. Usually follows carbo loading at my house.
- **Draft off me one more time and I'll kill your children:** This is actually a slight mispronunciation of an ancient Hawaiian phrase meaning, "Stay right where you are and I'll be happy to pull you along for the next eighteen miles." So if you hear it out on the Queen K, don't be alarmed: Just settle in right behind that rear wheel and don't give it another thought.
- **Sprint distance:** A measurement applicable to a race participant who is competing while ingesting foods different from those employed during training. Defined as the distance separating said athlete from the closest unoccupied Porta-Potty.
- **Transition:** Originally applied to werewolves, a rare form of human metamorphosis in which an otherwise normal weekend jogger turns into that special breed of psychopath known as a triathlete.
- **Wave:** A relief-filled gesture thrown to an athlete by a "draftee" (see above) at the commencement of the bike leg, signifying that the draftee is now free to go get a cold one and take a nap because cars aren't allowed on the run course.
- **T2:** The period following the bike leg in which the draftee chases after an athlete while calling out the exact locations and physical conditions of every single person in her age group, whether they're in this particular race or not.
- **Chain ring:** A group of bicycle thieves.

The Board of Directors, Sponsors and The Calendar of Upcoming Events...

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We would like to extend a
generous thank you to our amazing
sponsors!



February/March Calendar

Training Opportunities:

North Spokane --

Mondays & Wednesdays @ 5-7 am:
Open Swim @ OZ North.

Thursday evenings @ 6:30 pm:
Headlamp run from the Gallagher's
home in north Spokane. Watch the Tri
Forum for details!

Saturdays @ 8'ish am: Probable BATs,
meeting location & time posted weekly
on the Tri-Forum.

Sundays @ 8 am: Mornings with
Martin, Planned group swim workout
@ Oz North. Starbucks afterwards!

Races/Runs:

- Feb. 23: Polar Bear Plunge at
Medical Lake, WA
- March 15: Tri-State Outfitters
Duathlon at Lewiston, ID
- March 16: St. Paddy's Day 5-miler at
SCC, Spokane, WA
- March 28 & 29: Snake River Sprint
Triathlon at Lewiston, ID
- March 29: Oceanside 1/2 Ironman at
Oceanside, CA
- March 29: Wenatchee Valley
Duathlon at Wenatchee, WA

Upcoming Events:

Clinics -

- Swim overwater/underwater
videotape stroke analysis at Liberty
Lake Athletic Club: Feb 24, 6-8pm,
and March 23, 6-8pm. See forum for
more details.
- Dry land strength training for
triathletes at Champions Sports
Medicine: Feb 23, 5-6:30pm and Mar
22nd, 5-6:30pm. See forum for more
details.

Next Membership Meeting:

March 19th, 2008 @ 6:30 p.m.:
General membership meeting at
Twigs on the south hill.