



ITU Triathlon Facts & Figures

1. Triathlon is a 'lifestyle' sport which exudes vitality and charisma.
2. As triathlon is fresh, new and exciting, it is also tough, demanding and grueling.
3. Triathlon made its Olympic debut in the Sydney 2000 games.
4. No other sport has achieved Olympic program status in such a short time frame.
5. Each sport takes its distance from existing events already on the Olympic program: 1500 meter swim, 40k road cycling race and 10,000 meter run.
6. Triathlon was invented in the 1970's by the San Diego Track Club.
7. Fifty men and fifty women started in the first Olympic Games Triathlon.
8. 54% of triathletes are between the ages of 16 and 34.
9. 57% of triathlon households earn more than \$43,000 annually.
10. 47% of triathletes are university educated.
11. 63% of triathletes have no dependents and have a high disposable income.
12. 75% of triathletes are either white collar workers or blue collar managers.
13. Overall, triathletes are active, well educated, evenly split between genders and encompass all age groups. Ya, we know!

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The Soul of Triathlons by Lorie Sandaïne

I am a lot of things, but the three that I am most proud of are being a mother of four kids, a cancer fighter (and soon to be survivor) and a triathlete. I have many people that think I should not be entertaining the three roles simultaneously. When I say I am going out for a run, I get rolling eyes, shaking heads, and even criticism. I have never encountered such a dilemma before. People tell me what I should be doing as a mother and cancer fighter - and triathlon training is not one of those things.

However, I believe triathlons have saved my sanity during this fight against cancer. I have fought cancer for over two years and I have fought it both with triathlon training and without... and I choose to fight with it! The physical and emotional benefits to me outweigh the physical exertion. People ask me if I

really think overexerting myself is a good idea with an already compromised body. I understand the concern, but triathlon training provides me with a goal and something to work toward, physical activity to relieve stress from the burdens of motherhood and fighting cancer, and most importantly, the achievement of finishing a race gives me renewed hope. We all know that feeling of crossing the finish line, whether it is the Ironman finish line or at Valley Girl... it is still rewarding and exhilarating.

Yes, I often times finish the race while others have already put their gear in their cars, but I know I am not racing against them. I am racing against something bigger and triathlons have given me the strength, endurance and hope that I can beat anything... even cancer. For you, it may be about losing weight, beating the clock, or winning your age group. Whatever it is for you, the benefits of triathlon go way beyond just physical prowess - as for me. I live strong.

Killer Flank Steak from "Gold'n Delicious"

What you will need:

1 (2 lb.) flank steak, trimmed of fat
1/4 cup soy sauce
1/4 cup olive oil
1/2 tbsp dried Italian seasoning
1 tbsp lemon juice
2 cloves garlic, minced

Directions:

Place steak in a covered container or Ziploc bag. Combine remaining ingredients and pour over steak. Marinate at least 20 minutes at room temperature or up to 24 hours in the refrigerator, turning occasionally.

Grill until cooked to desired doneness. Slice thinly on the diagonal. Serves four.

This also works great on chicken!

*** For a side dish, I love to rinse fresh asparagus, spray with olive oil and sprinkle with sea salt. Throw right on the bar-be-que...yum!



Know Thyself
by Ben Greenfield



Imagine you're smack dab in the middle of a long triathlon training run when a skinny newspaper reporter with thick glasses and a notepad appears from behind a tree and jumps in your path, "Excuse me, could I have just a moment of your time?"

Before you squirt your flask of chocolate-raspberry-espreso goo at the nosy reporter and tell him to get lost and leave you to your valuable training session, you decide to take a quick breather and give him the time of day. Without hesitating, he flips open his pad, whips a pen out from behind his ear and begins to fire a barrage of questions in his high, whiny voice.

"I'm curious, how much water have you consumed in this training session?"

"How about over the past hour? Is that the same amount you consume while racing?"

"OK, thanks. By the way, just how many calories have you eaten since this whole thing started?"

"In the past hour?"

"How many of those calories were from carbohydrates? Proteins? Fats?"

"What type of carbohydrate do you eat? Is it maltodextrins or fructose? Complex or simple? Some kind of blend?"

At this point, you begin to suspect that the seemingly ignorant reporter may know more about nutrition than he originally revealed. Your head is spinning from his insightful questions. But still grateful for a breather, you stick around, wiping away the sweat that built up on your forehead as he continues his dizzying array of questions.

"What type of protein? Whey? Soy? Some kind of animal? In what ratio to carbohydrate? 2:1? 4:1? 8:1?"

"What type of fat? Trans? Omega-3's? Medium chain triglycerides? Monounsaturated?"

You fumble for words. In reality, you have no clue how to even begin answering most of these questions. Could it be that all your blood flow is diverted from the analyzing sections of the brain to your exercising extremities? That's a good excuse, right? Surely modern science has proven that everyone's IQ drops 80-100 points when they start exercising.

"How long ago did you last eat? What about water? When did you last drink? Are you on a timed fueling cycle? If so, how much per minute? Per hour?"

You suppress the urge to punch the nosy reporter in the face. Somehow, he manages to manufacture even more probing questions.

"How many electrolytes have you taken in the past hour? What kind? Sodium? Potassium? Magnesium? Chloride? How often? In what form? Capsule? Drink? Effervescent tablet?"

You stutter for a response, but he quickly interrupts you.

“So, are you supplementing with any kind of ergogenic aid? Did you carbo load? Does creatine help? How about caffeine? Have you tried a sodium biphosphate to help you buffer all that lactic acide? Surely some kind of non-steroidal anti-inflammatory should help post-workout soreness, right?!”

You’ve had enough! You start to run, as fast as you can. As you flee the scene, he shouts from behind you, “Wait! What will you be eating after your run? Proteins? Carbohydrates? In what ratio? How many calories?”

The reporter’s voice fades as you round a corner. Byt with each step, his interrogating remarks echo in your head. Did his questions make sense? Were they really that important? Most importantly, did you know the answers?

It is baffling to that so many individuals train for thousands of relentless hours, only to fail at the race because they did not prepare properly for the diet and hydrations requirements of triathlon. Are you frequently sore? Does you immune system regularly crash? Do you have low energy levels every afternoon and evening?

Let’s be entirely clear on one important fact: you will not achieve the performance results of which your body is capable unless you can confidently answer every single one of that reporter’s questions at any point in a training session or race. That’s right. You should be able to stop mid-swim, mid-stroke, and mid-stride and know exactly where you’re at from a nutritional standpoint and where you should be. Furthermore, to maintain a properly functioning muscular, immune, nervous, skeletal and digestive system, you need to possess an understanding of what your body’s dailky nutritional needs apart from training and racing, with respect to caloric volume, timing, ratio and overall content.

So, know thysel! If you didn’t understand any of that reporter’s questions, then it’s time to start your homework. Let me know if I can help.

Just some of the “Valley Girls” last Sunday!



My Performance Bike Fit

by Jessi Thompson

When my name got called as the winner of a bike fit at Champion Sports Medicine, I was ecstatic because I had heard Ben Greenfield talk about how it could improve both my comfort and performance on the bike. I wasn't sure; however, how much I would actually benefit from the fit because I had received two previous bike fits from other sources.

When I arrived at Champion, Ben hooked up my bike to the Compu Trainer and accurately calibrated it. Ben proceeded to attach other mechanical gadgets, magnets, wires, etc. to my bike. Next, he took measurements of my bike and recorded his findings. Before I was asked to get riding, Ben went through my health history, as well as asked me about specific pain or discomfort I felt while riding on my bike. Finally, I was asked to lay on a mat where he checked my body's flexibility to ensure that I am was not being fitted to a position that wouldn't work for me anatomically.

Next, I warmed up on my bike and watched as Ben set up the projector so we could watch a computer screen on the wall. By watching a graph in the middle of the screen I could see the consistency of my pedal stroke, as well

as look at the power distribution for each of my legs. Ben went through all of the numbers and explained where we might be able to make some changes so I would experience improvement in my riding. Lots of data to look at!

The next step was to measure my VO₂, so I began riding the bike at race pace. He took snapshots of my data at 30, 60, 90 and 120 seconds.

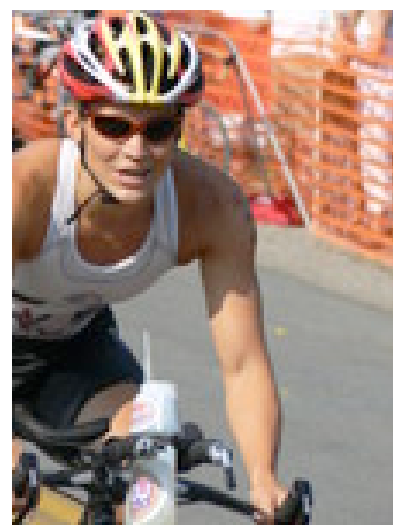
After measuring my VO₂, Ben began to meticulously measure the angles of my leg and arm bends. He made some minor adjustments and carefully measured each one. He worked from my toes up and adjusted my seat height, saddle and aerobars. He was careful not to adjust too much at one time, so we could prevent any kind of injury.

After making adjustments, I performed the same riding test again. I could definitely see differences in the data that was collected and recorded. I was receiving more oxygen with my new positioning and I had also increased the power output with the same heart rate.

On a personal note, Ben asked me if I had done one-legged drills

on the bike because he noticed that I had an above-average pedal stroke efficiency. Are you kidding me? YES! My coach and husband, Roger, had me training for this all winter long. When Ben mentioned this, I was jumping up and down inside because it was so nice to have my hard work validated - thanks, Rog!

I was impressed by Ben's attention to detail and his knowledge of body mechanics. It's so exciting to be riding a better fitting bike that is more comfortable with more opportunity for a stronger performance as well. I would recommend this fit to anyone without hesitation! Thanks again to Champion Sports Medicine for the opportunity.



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Did you know?

According to P.Z. Pearce, M.D., Medical Director for Champion Sports Medicine & Ironman North America, athletic women that give birth vaginally need to see a chiropractor! Especially after receiving an epidural, women that have a vaginal birth are susceptible to major changes in their pelvic support system.

When a child goes through the birth canal, a woman's pelvis is (for lack of better technical terms) rearranged. She should see a sports chiropractor within seven (7) days after giving birth, to ensure that her pelvis is in the optimal position to support her body as it did before going through labor and delivery. The pelvis reforms into its changed position within ten days post-labor.

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of Our Generous Sponsors:*



Hammer Nutrition



July Calendar

Clinics:

Sunday, July 22 @ 5:30 pm: Two hr. Cd'A Oly Distance Bike Course Clinic w/ Ben Greenfield. \$25 per/ person.

Wednesday, August 1st @ 7 pm: Race Day Nutrition Clinic at Champion Sports Medicine. \$10 per/member.

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.

Races:

July 21: Tiger Triathlon at Colville, WA

July 21 & 22: ChelanMan Multisport races at Chelan, WA

July 22: Lake Placid Ironman at NY

July 28: The Burley Spudman Triathlon at Burley, ID

August 4: Medical Lake Kiwanis Mini Triathlon at Medical Lake, WA

August 5: Troika Half Ironman at Medical Lake & Spokane, WA

August 11: Coeur d' Alene Olympic Triathlon & Duathlon at Cd'A, ID

Upcoming Events:

Next Member Meeting: Wednesday, August 15th @ TBA. BoD meeting @ 5:30 pm, followed by General Members @ 6:30 pm.