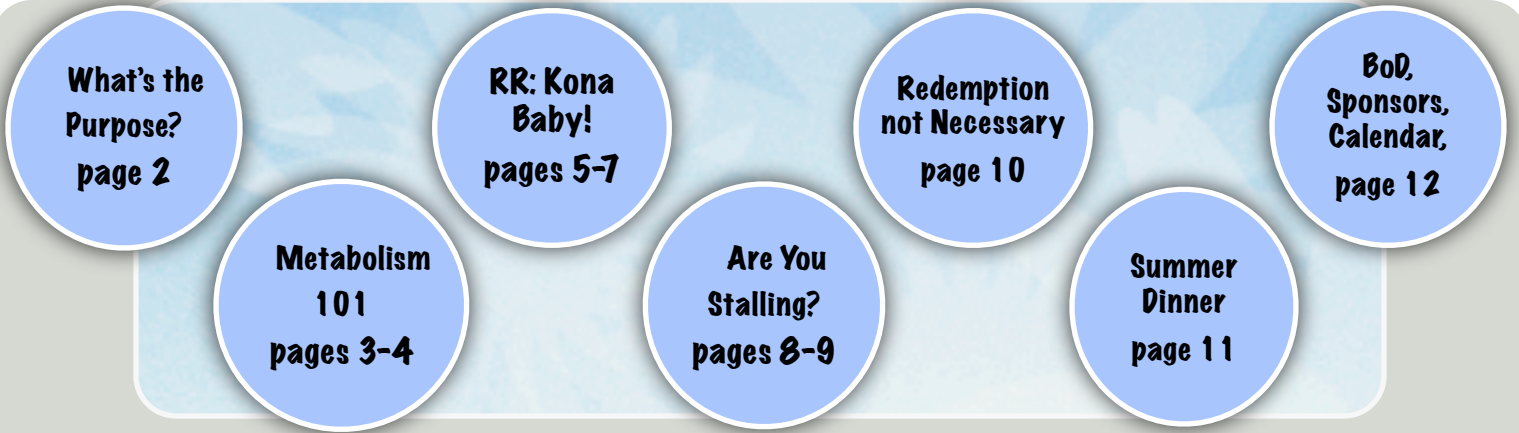




Invite your friends & family to our Hot Summer Nights Run Race Series on August 11, 18 & 25th!!!



Upcoming Board of Director Elections

In the near future, it will be that time again to elect a Board of Directors for the next two years. In the past, we have had between 12 and 13 board positions filled and we hope to fill all necessary openings for another term. Please consider yourself for a possible opportunity to serve Tri Fusion in the capacity of a board of directors position. More information regarding the process will be forthcoming, via membership meetings and email. For now, please consider the following brief job descriptions for each board positions=>

- 1. President:** The president oversees it all, from relationships with our sponsors, scheduling events, planning meetings, and networking to mentoring the rest of the board of directors.
- 2. Vice President:** Typically this position is responsible for seeking and scheduling our meeting's guest speakers and formalizing those plans.
- 3. Secretary:** The secretary for Tri Fusion is our communicator in all areas of multi-sport, from answering/fielding email correspondence with members to coordinating our meeting venue and heading up events as well.
- 4. Uniform Director:** Since our clothing line has already been designed, this position will require a person to be highly organized in soliciting new orders, submitting, taking care of payments and delivery of all clothing orders.
- 5. Mentor Director:** Essentially, the mentor director connects potential new members with current, active members that are willing to "show them the ropes" of our club.
- 6. Social Director:** Our club's social director is responsible for planning and facilitating: our end-of-the-season celebration, Fitness Fanatic nights and a few other family/friends Tri Fusion fun events throughout the year.
- 7. Events Director:** The events director is someone that can create and work with committees to plan, coordinate, and execute our key athletic events throughout the year.
- 8. Membership Director:** Responsibilities of this position include; welcoming and communicating with new members for completion of applications, updating the club roster and maintaining relationships.
- 9. Website Director:** Tri Fusion's website is a huge hit, and wouldn't be if not for the efficient and continual upkeep of current and upcoming events, a race calendar, sponsor and supporter links, the Tri Forum, gallery pics, and other valuable contact, newsletter and e-store connections.
- 10. Newsletter Director:** The newsletter is currently a monthly publication that requires a person that can solicit articles about all things multisport, healthy recipes, race reports, sponsor info., a current calendar and other need-to-know data.
- 11. Treasurer:** Tri Fusion's treasurer is a very detail-oriented, conscientious, organized, number-lover that can keep the books straight.
- 12. Tri Fusion Kid's Club Director:** Basically, this position is one that coordinates all things "kids" within our club.

Train to Get It Done, or to Get Faster?

by Jesse Kropelnicki

I was compelled to write on this topic after years of working with Type-A, goal-oriented triathletes. You know whom I am talking about. In fact, it is probably pretty likely that I am talking about YOU! Are you an athlete who will stick to a training plan, come Hell or high water? Don't get me wrong, this is precisely the mindset that makes successful people, and athletes, tick. But, oftentimes our greatest strength can double as our greatest weakness. As a result, sometimes this mindset can actually undermine progress. Below are a few examples of what I am talking about:

1) Not Pulling the Plug on a Workout - Over the course of a season there may be times when an athlete is scheduled to complete a key intensity workout, but realizes very early-on, that they are not doing as well as they did the last time that they did this session. What they don't realize is that, continuing the workout could potentially interrupt the super-compensation cycle. Continuing this workout only digs the athlete into a deeper hole, possibly cementing the fact that they will enter their NEXT key workout still under-recovered, and thus a vicious cycle of under recovery, injury and burnout ensues. This athlete never allows enough recovery such that he or she can truly push the intensity to improve upon "core" fitness. As a result, this athlete probably has a difficult time hitting new bests during key workouts, and will often complete a workout saying "I just didn't have it, today."

2) Meeting the Season Plan's Volume - If an athlete, or coach, is detailed enough to have a season periodization plan, it is pretty typical that the Type-A triathlete will meet the plan's prescribed volume, no matter what.

This often translates into moving workouts from one day to the next, with little concern for completing back-to-back days of intensity and almost always leads to poor micro cycle recovery.

3) Going Too Hard on Recovery Days - Don't pretend that you haven't done it. This is probably the number one indiscretion committed by Type-A triathletes. Every workout that an athlete does should have a very specific purpose. Sometimes that purpose is as simple as moving some blood around. These workouts are just as important as the mile repeats that you will be doing the next day! Falling into the trap of pushing the recovery days does nothing more than undermine the ability to perform well on the intensity days. In essence, an athlete who fails to allow the body to recover on recovery days, defeats the purpose of two workouts. Pushing the recovery workout defeats the first. The collateral damage done to the ability to really push the next day's intensity workout is the second. Recovery days are for recovery!

Recovery days are NOT about seeing how much wattage you can push at the very limit of your recovery HR zone! Too often the Type-A triathlete just wants to see big/good numbers...this is not the time for that!

4) Pushing More Volume Than Life's Logistics Will Allow - The Type-A triathlete is notorious for the "more is better" mindset. These athletes insist on pushing their peak volumes into ranges that prove to be completely unmanageable. These athletes are adamant that they should peak at 26-28 hours of training, for a week, even though they have logistics to legitimately handle only 20 hours. This, undoubtedly, leads to pressure from family, work, friends, etc., increasing stress exponentially.

5) From there it becomes a very slippery slope to some combination of points 1-3, above and/or making poor choices when faced with the decision between adequate sleep (recovery) and workout volume.

The above transgressions are really more indicative of an athlete who is training more for the sense of accomplishment in "getting the training done", than training to truly get faster. The true intent of all of the athletes that I work with is to get faster, though many, left to their own devices, will very easily fall into the trap of the alternative. Unfortunately, "getting the training in" does not directly translate into faster race times. Athletes who are truly serious about getting faster on race day, need only be focused on the training that serves that end. Remember that! Write that down! Repeat after me: "I will only do the training that will make me faster on race day". This takes a great deal of courage, and represents quite a leap of faith. Faith that sometimes not doing will make you faster than doing; Faith that recovery is an equal component in developing speed potential; Faith that more isn't always better. I advise athletes to take a good hard look at their decision-making processes, before shopping for any kind of a training program. Even the most well-developed and thought-out training program is useless, if you make poor decisions while working through it. Most coaches have enough contact with their athletes, to help steer them clear of this poor decision-making however, the coach cannot be by the athlete's side 100% of the time, and there are plenty of small decisions along the way that the athlete must make on their own and over time, can make or break that athlete. and have them be second nature.

Metabolic Rate Boosters: Boon or Bust? by Christopher D. Jensen, PhD, MPH, RD



In simple terms, "metabolic rate" is essentially how fast you burn calories. Imagine if you could somehow flip a switch and magically increase your metabolic rate. Those extra pounds would effortlessly melt away, or you could eat almost anything without gaining weight!

It's no wonder that boosting metabolic rate is the Holy Grail of weight loss. But can we really do anything to influence it?

Metabolic Rate 101

Your cells, tissues, and organs together are the human equivalent of an automobile motor. And just like a car motor needs gasoline in order to work, your human motor needs energy in order to function. That energy is measured as calories, and it comes from the food you eat.

When you turn a car motor off, it won't burn gasoline. But there's no turning off your human motor. Even when you are at rest or fully asleep, your metabolic motor is still running. That's because your brain, heart, lungs, liver, kidneys and all your other organs and tissues never turn off. They may idle down a bit, but they never shut down. This explains the fact that your "resting metabolic rate" — which is exactly what it sounds like, your metabolic rate at rest — accounts for the largest portion of your overall total metabolic rate.

For example, if you need to take in about 3,000 calories every day in order to function at your best and have your body weight remain stable, roughly 70% of those calories are entirely devoted to keeping your human engine idling.

Only about 20% or so goes toward providing energy for physical activity and exercise, while the remaining 10% is spent digesting, absorbing, and metabolizing food.

Promises, Promises

With your resting metabolic rate accounting for the largest portion of your daily calorie needs, it's no wonder that finding a way to increase it has struck the fancy of so many.

Yes, it would be great to be able to put your metabolism in overdrive while you are sawing logs. Every minute asleep would be more calories burned. And of course, there has been no shortage of advice on how to do this, from eating hot peppers, guzzling green tea, popping herbal uppers, and getting wired on caffeine — we've tried them all.

Unfortunately, marketing ideas have not translated to scientific fact. These approaches have either failed to influence resting metabolic rate, or they've produced unpleasant or sometimes dangerous side effects that make them pretty much worthless.

Spending hours at a time in refrigerator-like conditions may also boost your metabolism, but this torturous approach isn't sustainable.

Bodybuilders preach that adding layers of lean muscle mass will boost your metabolism. While it's true that pound for pound, muscle burns more calories than body fat, the energy-burning payoff doesn't nearly match the hype. Case in point, most athletes, and non-athletes for that matter, would be quite pleased with laying down 4-5 lbs (about 2 kg) of muscle in place of body fat. But if you do the metabolic math, that type of change in body composition would only increase your metabolic rate by a paltry 16 calories per day!

Metabolism, (con'td)

What Does Work?

Let's be clear: Resting metabolic rate seems pretty impervious to long-term change. So forget the expensive elixirs and magic pills. They aren't going to flip your metabolic switch and cause extra body weight to fall away or enable you to overeat to your heart's content.

If you want to boost your metabolism and burn more calories, the best method is the one that is tried and true: physical activity. The more active you are, the more calories you will burn. And although over the long-term, this doesn't increase your resting metabolic rate, it does take a while for your metabolism to get back to a resting state after exercise. You can use this fact to your advantage.

For example, if you generally train once a day, keep that up, but sprinkle in some additional activity throughout the day. Add a second lighter workout, walk or ride a bike instead of driving, take the stairs instead of the elevator, get up from your desk and walk or run for a few blocks, or do sets of push-ups periodically throughout the day.

If you do something physically active every waking hour or so, the payoff is twofold: Firstly, every extra minute of activity burns additional calories from the activity itself. Secondly, you get a bonus calorie burn after finishing, while your metabolism gradually reverts back to its resting state.

Activities that are aerobic, as well as resistance training, confer metabolism-boosting benefits. In a study of individuals walking on a treadmill at low to moderate intensity for 20-30 minutes, it took anywhere from 30-90 minutes for metabolic rate to return to a resting level. Following 30 minutes of cycling at a higher intensity, metabolic rate returned to a resting level within about 60 minutes. And after a weight lifting session, metabolic rate has been found to be elevated for over 14 hours after the last barbell was hoisted.

So think of physical activity as a natural metabolic rate booster — plus, it's free. If you want your metabolic rate to be higher in general, get active more frequently and make sure to include activities that are aerobic and involve resistance exercise.

Finally, as mentioned earlier, there is an increase in metabolic rate associated with the digestion of food and the absorption and metabolism of nutrients. Called the "thermic effect of food," the peak in metabolic rate from this thermic effect usually occurs about 1-3 hours after eating. Here again, you can use this fact to your advantage. For example, the same number of calories consumed from 5 or 6 smaller meals and snacks spread throughout the day will produce a higher metabolic rate and burn more calories, than if you consume the same amount of food in two or three larger meals.

Harness the Power of the One-Two Punch

Your best bet for boosting your metabolic rate and keeping it consistently higher is to get active more often, engaging in both aerobic activities and resistance exercise, and to consume your calories from smaller meals eaten more frequently.

Kona Baby! Race Report: Ironman Cd'A by Scott Allen

Pre-race routine:

Woke up about 3:30 after not getting much sleep (pretty standard for Ironman mornings). I hopped in the shower to try to wake up, then headed up stairs to eat breakfast. My buddy John Gavin and I chatted at breakfast about the upcoming race. Had a banana, bagel with cream cheese, a boost and I had planned on eating another banana, but I felt so full I was a little nauseated. Made the 40 minute drive over to CDA from Spokane with John and my wife Morgan. We got to the site at about 5:15. Last year I felt overwhelmed and rushed to get everything done. It was much easier the second time around. Dropped some things I had forgotten to put into my bike and run bags off, pumped up my tires, filled my aero bottle and put my water bottle of 4x concentration Accelerade on my bike. Found a somewhat hidden bathroom. Only had to wait in a line of about 10 guys to get into a stall and make sure that was last time I had to do that for the day. After that I went to put the wetsuit on. As I was putting it on the pros started and I knew I had about 35 min. Got the wetsuit on in plenty of time this year and headed down with about 25 min to spare.

Event warmup:

John and I walked onto the beach and ran into fellow Matt Anderson (local triathlete/fish who I knew would come out of the water WAY ahead of me. We chatted for a little bit then I swam around and peed in the water for about 5 minutes (5 minutes swimming only about 20 seconds of peeing).



Swim:

The cannon went off and a mass of humanity surged into the lake. I started middle about 2 rows back. I let the people run in that wanted to and walked quickly behind them. I started with a good amount of clean water for about 300 yards and then the walls closed in around me. I think I drifted left and ended up right on the buoy line. There were a lot of people and things got incredibly physical. I tried to swim but I was mostly just moving with everyone else in a general direction. About 50 yards

from the turn buoy I started to mentally prepare myself for the craziness. I came right up behind the buoy and instead of swinging out way around I basically just swam underwater around the outside edge. I popped back up and started swimming. I couldn't see the next turn buoy because of the sun, so I just started swimming straight. Before I knew it I saw a couple kayaks with bullhorns yelling at

everyone to go right. I glanced up and could now see the turn buoy was out farther than the first. I was trying to make my way right, but there was a pro woman who got caught on her second loop that would not budge and kept swimming straight. We kept bumping each other until she realized where she was started heading to the buoy. I made to the buoy, and did a quick 180 around it and headed back to the beach. I came in at 35 minutes and that was right where I wanted to be. I started the next loop and found more clean water. The second loop was uneventful and I ended up at 1:09:23. Right where I thought I would be.

T1: Out of the water and running up the beach. It was hard to run on the beach in the sand, but once I got clear of that I was able to get going okay. Couldn't find my bag at first. I thought it was closer to the swim exit. It's amazing how stupid you are coming out of the water.

IM Cd'A RR (cont'd)

Bike:

This is where the race really begins. I came out of the transition and started riding somewhat hard. I was passing a lot of people, but I knew I wasn't going too hard and I would have some time to make up from my swim. I felt like I was taking it easy, but I just continued to pass people for the whole first loop. By the time I made it to the second loop I estimated I was at about 50th amongst amateurs, but I had no idea where I was age group wise and I was starting to go to a bad place. This being my second ironman here I pretty much expected it. I don't think I go out too hard I just need more solid food. At about mile 60 I started feeling tired! My stomach didn't feel great, but I knew from last year that I needed to eat. I forced down a snickers, which is much easier than forcing down a power bar and started drinking a lot more. At the aid stations I started dumping a bottle of water all of over me and drinking as much as I could of another before the end of the aid station. With about 30 miles left I was out of the 4x concentration Accelerade, but I wasn't too worried. I started using diluted Gatorade and headed back to town. I think I probably drank too much because I peed about 4 times on the second loop. That partially explains my slower second loop and also the run starts to creep into your mind about that time. Finished up the bike and was very happy with my bike split.



T2: This is a point I know I could have made up some time. I knew coming into this that I would have to take a minute or two longer than I would have liked. I had some compression sleeves that I needed to put on. I also had a pain patch for my knee that I was planning on using until it fell off. It's pretty good size so my plan was to use athletic tape and the top of the compression sleeve to hold it on. It took a minute to get everything dumped out and in looking back I made it too complicated. For you new folks out there, keep it simple. I had a change of sunglasses, a visor, change of socks, Tylenol, gels, compression and the pain patch and tape. I went to put the pain patch on and apply tape. On the first pull of tape the roll was empty. This was worrisome. I was counting on this thing and I needed tape fast. I told the volunteer helping me and he ran to get some. He came back with duct tape which didn't work so well. I tried it anyway, and hurried to get my compression and socks and shoes on. A quick note. I used laces on my shoes. I just prefer to have the shoes tied to my desired tightness and not rely on quick laces for a 3:30 hour run. I was glad I did. Okay back to transition. I got everything on and ran over to the urinal. I started to go and a guy walked up next to me and started about the same time. He finished and headed out the tent. Another guys walked up next to me and started and finished as I was still going. It was starting to get extremely frustrating!! I finally finished after about a minute and ran out of the tent. (the tape was already coming off.

Run:

I know I said the race began at the bike...but this is actually where it begins. I came out of transition with duct tape hanging off my leg and compression sleeves. I must have been looking like a real contender. I felt okay starting the run but I had 2 things on my mind 1) This tape is driving me crazy and 2) how far can I run before my IT band tightens up and I have to either walk or drop from the race completely. I had been dealing with this IT band problem for 3 weeks prior to the race. I did 2 physical therapy sessions, and about a million foam roller sessions. I ran maybe two times in those three weeks and they were slow, easy 3 and 4 miles, both of which ended in me stopping due to discomfort. The only thing that seemed to get my legs loose was acupuncture. I'm not a big believer in holistic healing but I saw the acupuncturist twice and both times left feeling 100 percent better.

IM Cd'A RR (cont'd)

Anyway back to the race. I ran to the first aid station which is maybe 1/2 mile from T2. I went to the med tent and asked for some athletic tape. I was clearly the first person to stop and this tent as they had nothing out. They looked very surprised and scrambled to find the tape. After about 30 seconds of fumbling around they found the tape and started staring at my knee. At that point I decided it would be better to just take the tape myself. I wanted to get out of there!! I grabbed the tape and wrapped two full circles around my knee at the top of the patch. It seemed to work so off I went (only stayed on for about 4 miles). I knew I had passed a guy in my age group at the end of the bike, and he passed me back with my slow transition so I thought I needed to push the pace a little. My first mile was a 7:30 (my goal pace) with the first aid stop. It didn't feel too bad, but it didn't feel great either. I came to the first turn around and saw the guy in my AG was about 2 minutes ahead of me. I had also seen 2 other guys from my age group ahead of me and they all looked like they were running faster than me. I thought I was probably around 15th in my AG and figured my Kona dreams were over. I ran a 7:02, 7:32, 7:45, 7:25, 7:32, 7:43 then I kind of settled into about an 8-8:15 pace. I wanted to go faster but that was all I could do. I noticed in my training runs when I blow up I don't completely bonk. I just slow down quite a bit, but my HR also goes down quite a bit. Usually it's a dehydration or overheating problem. At every aide station I dumped ice in my shorts and water all over me, in addition to take two sponges for my shoulders. I continued to plug away at that pace and didn't pass too many people or get passed by too many people out to the turn around at the hill. I was able to see some of the guys on their way back into town and noticed most of the guys ahead of me were over 30. This was great!! I estimated I may have been top 10 in my AG at that point. I made my way back through town and fed off all the energy there. At the turn to start the second loop I noticed 2 guys in my AG walking. I knew at least one was ahead of me and the other I was pretty sure was as well. I also saw the same guy in black I had been chasing all day was still about 2 or 3 minutes ahead of me. I just kept running and ended up passing those two guys before we got back into town. At the same point I passed those 2 guys I noticed a woman in all pink running really well and passing me. I thought to myself "that looks like a great opportunity to pace off of someone. I started running next to her and told her about my intention to

use her to pace. She was the nicest racer out on the course and was more than happy to help. I found out her name was Jamie from Golden, Colorado. If anyone reads this and knows Jamie, tell her she helped me a ton! We ran together through town where I saw my wife and friends and they yelled to me that I was in 7th in AG! Talk about motivation!! I thinks it's important to note that there are timing mats on the course and they update live on the internet. And if you remember I had passed 2 guys after that timing mat. So, I was pretty sure that put me in 5th. I knew last year there were 5 slots in the AG so I needed to pick it up. I turned and said to Jamie, "I need you to pace me through to Kona" to which she said "Well then, lets go!" and took off. I looked down at my Garmin and we had brought it down to 7 min. pace. I felt a little uncomfortable, but it wasn't anything I couldn't handle. She reminded to take on calories and drink at the aide stations. We ended running together for about 3 or 4 miles. At some point I lost her and kept plugging away with a newfound energy. At about mile 16 or 17, I saw the guy I had been chasing all day walking. I couldn't be sure, but I thought it was him. As I came up next to him I had to look at his number to see his name. Sure enough, it was him and he was not too happy to have me passing him and looking at his number. He made some comment and tried to go with me but each time I passed someone, I felt better and better. I hadn't noticed anyone else within striking distance so I was content with 4th. I have to admit I was running scared here. I didn't know what was coming up behind me and I knew there wasn't much margin for error. At mile 20 I started telling myself "okay 10k of suffering and all your hard work will pay off." Up the hill and back down I went. My tri club that I had recently joined had set up a PA system near the 22 mile mark. They would yell your name as you went by and tell you good job. As I approached I heard them say "Here comes Derek Garcia". He's a local guy that I thought was probably ahead of me. I was shocked as I must have been right next to him. When I ran by I asked where Derek was to which they responded "you just passed him". I was ecstatic!! Whoever I had just passed, I knew I passed with authority and they weren't coming with. I had just ran myself into third place and sealed the deal on KONA!!! I picked it up again and kept looking over my shoulder. Through the streets and back into town. I was feeling good! I rounded the corner onto Sherman and started to tear up. I had worked my ass off for the last year with this moment in mind. Running down the home stretch with a Kona slot in hand!

Stalling in the Water

Written by: [Dan Empfield](#)



Triathletes who come to competitive swimming late in life can, in time, execute all the basic mechanics—they can do everything acceptably. Even a mediocre swimmer may successfully engineer putting the crawl stroke's components together; he may also know how to execute the other strokes; he may learn how to flip turn; he can make his way across the pool during kick sets.

For all that, however, there may still be something missing; something that keeps swimmers like this from improving; some nebulous lack of finesse that keeps them slow. Often this nebulous "thing"—for those swimming 1.5km in 35 minutes or 2.4mi in 1:20—is the tendency to stall in the water.

During the bicycle leg of a triathlon, a very good rider might fail to exert power during certain points in the pedal stroke and still go very fast. He can have a "torque profile" that is not at all "flat" but in fact exhibits large-amplitude waves of torque applied to the pedals. The bicycle does not tend to lose a lot of velocity during these spates of coasting. The rider's power might stall, but his bicycle does not stall.

Not so in swimming. Swimmers cannot afford to coast. The medium through which they're traveling is less forgiving, and a swimmer who loses velocity following or during each stroke is destined to remain slow.

There are tests you can perform that will serve as alerts. If you fail these tests, you're stalling in the water. These tests then become the drills you do, and they'll help you get over this problem. Once you fix these hitches in your stroke, eight and ten and fifteen thousand-yard weeks will pay big dividends and your speed will increase quickly.

First test: One-arm pulls

Push off the wall and pull with only your left arm across the length of the pool. Your right arm should be stretched out in front of you like Superman in flight. Your body will be rolled to the left, since you'll be left-side breathing, so your right ribcage will be facing the bottom of the pool as you swim. On the return trip, pull with your right arm, right-side breathing, with your left arm straight in front of you.

When you do these one-arm pulls, your legs must kick in a rhythm appropriate to your pull rate. For example, if you're a six-beat kicker, make sure you're pulling once every six kicks, and that your kick is in sync with your pull. It may take a week or two (or more) of doing these one-arm drills in order for kick to sync with the pulls, but you'll get it.

"One-arm pulls, we're stopping the presses for this?" you might ask. Yes, you're right, it's just your basic one-arm pull drill, kicking in sync. The key here is what happens to the off arm—the one that's straight in front of you. If it doesn't stay straight, you're stalling. When a mediocre swimmer executes a one-arm pull drill like this, you'll see him scull (a little or a lot) with the off arm to keep his body in motion between pulls. That off-arm sculling is evidence of a stall.

Does this describe you during a one-arm pull drill? If so, then the test now becomes the fix. One-arm drills ought to become a part of every workout, until that off arm remains straight out in front during the drill, with no change in the plane of the hand. When it does, that's evidence you've gotten rid of a hitch in your stroke. That paves the way for you to make big improvements in speed.

Swim Stalling (cont'd)

Second test: Pull buoy and innertube

I've made reference to a hitch in your stroke. What I mean by a "hitch" is any extraneous motion that interrupts the fluidity and economy of a perfect technical execution. It's not limited to swimming. You might have a hitch in your cycling pedal stroke. Or in your golf swing. You may survive such a hitch in your bat swing, and like Dave Winfield, make your way into baseball's Hall of Fame. But you can't survive a hitch in your swim stroke, because the water is just too unforgiving a medium.

One such hitch causing a swimmer to stall in the water is a bend at the waist during breathing. Let's say you're a left-side breather. Often, the mediocre swimmer makes the taking of a breath a much bigger event than it deserves, complete with a bend at the waist like homage paid to the god of oxygen. No need for that. Imagine your body is a log, rolling to one side and then the other during each stroke. A log roll to take a breath, rather than a twist at the waist, is what's needed here.

Are you a waist-bender instead of a log roller? You'll know if you are because, in response to taking your body off its straight-ahead line, you'll splay your legs wide during the kick. As you might guess, the test for this sort of behavior is to bind your feet together, and see what your body does. Small-diameter, fat-tire innertubes—like those found inside a wheelbarrow tire—partially inflated and placed around your ankles, should do the trick nicely. If you swim across the pool thusly immobilized from the waist down, you'll slither serpentine like a water snake if you suffer from this annoying habit.



Lest you think this is torture, it could be worse. Some coaches simply have you tie your ankles together with an uninflated bicycle innertube. You're supposed to make your way back and forth with no pull buoy, nothing to keep your legs afloat. I've heard that Brett Sutton employs this method with his athletes, and that former World Champion triathlete Siri Lindley got her way up to the first pack of women training in this fashion.

So, I'm actually giving you a bit of a free ride by allowing you to inflate a fat, small-diameter, innertube. Likewise, I could've given you a much harder one-arm pull drill above. But the idea here, for the sake of these exercise, is not to make you suffer through drills for which you're not yet ready; it's to unearth and then correct a problem. Nastier versions come later, when you've got the technique to support the more advanced versions of these drills.

As in the case with one-arm pulls, the bound-ankles test becomes the bound-ankles drill should your stroke go to hell once your ankles are bound. And, as with one-arm pulls, every swim session should include a bit—even if it's just 200 yards—of swimming with your legs bound and unable to splay.

The more you hate one-arm pulls and swimming with your feet bound the more you probably need to do these drills. These are not problems that are difficult to overcome. In fact, having unearthed and isolated these problems you'll solve them quickly if you force yourself to magnify the bad effects through these drills. Your body will make the necessary changes, and the hitch in your stroke—whether caused by twisting at the waist during breathing, or crossing the centerline of your body with your hand during the catch phase—will be a thing of the past. The hitch now resolved, you'll no longer stall in the water. Your kick will be even, your feet will not splay during the kick, you'll be much more streamlined in the water, and everything you do will contribute to forward propulsion.

Redemption Races from Joe Friel's blog

Emil Zatopek, the great Czechoslovakian distance runner of the 1950s, once said that "training is principally an act of faith." He was right. There are no guarantees that you will have a good race simply because you do certain workouts. The human body doesn't respond the way a machine might. Doing "x" doesn't always produce "z." It's simply too complex. There are lots of variables, lots of things that can go wrong. Many of the variables result from your unique physical and mental make up.

It should be accepted at face value that race outcomes aren't always going to be what we planned for and hoped would happen. Things can go wrong that appear to be outside of your control. A muscle cramps, your stomach shuts down or the competition is simply tougher than what you expected.

Equipment can contribute to a poor race performance. Do you have a decent bike that fits properly? How about your wheels, shoes, wetsuit, goggles and clothing? Was a flat tire the culprit? Did the battery go dead on your heart rate monitor, power meter, GPS device or accelerometer during the race leaving you with only your poorly developed sense of perceived exertion to gauge intensity?

Then there are the even bigger variables such as your genetics. How much slow twitch muscle do you have? Are you big or small? How difficult is it for you to get down to racing weight? Do you seem to be better at short races rather than long ones - or the other way around.

There are also mental issues that may have contributed to your demise. Perhaps you threw in the towel as soon as the competition heated up. Or you just couldn't seem to stay focused during the race. Maybe you were so nervous before the race that you made lots of rookie errors such as not eating enough or starting much too fast.

The bottom line here is that a race outcome can't be predicted like a science experiment. You train with the faith that you are doing the right things given your unique situation. Because of this things can go wrong and you don't always know why. Or perhaps you do. Regardless, when "luck" seems to turn against you and you have a "bad" race a common reaction is to look for the next race you can do, hopefully very soon, so you can prove to yourself that you're ok after all. These are called "redemption" races. You're seeking salvation for your shortcomings with the hope of making your world right again.

This is seldom the best course of action. What I usually see happen at redemption races is the athlete is too tired, too sore or too tapered to race well again right away. This often results in a second "bad" race which brings not salvation but rather eternal damnation. Athletes then sink into a morass of mental self-abuse so deep that it causes some to quit the sport or at least come to the conclusion that they are indeed worthless when it comes racing. I've even seen athletes who come to believe they are not even "good" people because of a poor race performance. Sometimes we tie too much baggage onto race performances. You are not your last race.

So I'd suggest not doing redemption races. The only exception would be if you DNF'ed (did not finish) the race due to some obvious and easily fixed problem over which you now have total control such as a mechanical issue with your bike. Such a situation means you are not completely fatigued and the cause is obviously correctable. Otherwise, consider what went wrong and what can be done about it so that, hopefully, a similar problem doesn't occur again. But keep in mind that you may not be able to figure out a cause. So you're back to relying on faith again. That's alright. Press ahead.

Cedar Plank Salmon & Strawberry Spinach Salad

submitted by Natalie Gallagher

Cedar Plank Salmon ingredients:

- 2 cedar planks, soaked (follow directions on package, soak between 45 minutes and several hours)
- 2 pounds of salmon filets (usually 7-8 small filets)
- * 1/2 C honey dijon mustard
- * salt/pepper to taste
- * 2 T raw honey

Preparation:

Preheat grill to medium. Thoroughly coat salmon filets with mustard, then season with salt and pepper. Drizzle honey on top of salmon filets. Please note, the salmon will NOT taste mustardy, but it will be juicy and delicious! Place salmon on cedar planks and then place planks on grill. Grill filets between 15-20 minutes, checking that 1) the planks do not light on fire :) and 2) that salmon flesh is light pink and flakey when finished.

Strawberry Spinach Salad ingredients:

- 1 large bag or container of baby spinach (20-24 oz.)
- 1 C of washed, sliced strawberries
- 1/4 C slivered almonds
- 1/4 C chopped red onion
- 1/4 C crumbled, original Feta cheese
- Oil based dressing of your choice, I recommend poppy seed dressing

Preparation:

This is easy, prepare all of the ingredients as above and toss together just before eating. The almonds will become soft if left in the salad for an extended period of time, so perhaps toss those in at the last minute.

* The mustard marinade for the salmon is one suggestion for a healthy way to prepare your fish. However, there are obviously many more toppings that are excellent, fairly low-fat, low-calorie marinades for salmon as well=>

- sun dried tomatoes
- pesto sauce
- fresh lemon juice with lemon/lime slices on top & dill
- cajun spices to blacken
- minced garlic, rosemary and thyme



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

Board of Directors

- Steve Anderson - Membership Director
- Tiffany Byrd - Uniform Director
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- Jessi Thompson - Secretary
- Roger Thompson - President

- Kathy Worden & Jen Poello - Kids Club Directors

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



July-August Calendar

Training Opportunities:

- Whitworth Masters Swim: on Mon-Fri @ 5:30-7 am thru July. In August masters swim moves to Witter Pool, Mon-Fri 6-7:30 am. Contact KevinWang@spokanewaves.org
- Open water swims are on! Liberty Lake swims happen on Mon. & Wed. @ 5:30 pm. Folks are swimming at Bear & Medical Lakes as well. If you are one of those people, please post the information on the forum or Facebook so we can all join the fun!
- Watch the forum & Facebook for other group training runs/rides and swims.

Races:

- July 25th: Race the River Sprint Tri @ Cd'A, ID
- July 31st: Medical Lake Mini Tri @ Medical Lake, WA
- Aug. 1st: Troika Half Ironman @ Medical Lake/Spokane, WA
- Aug. 7th: Cd'A Scenic Challenge Olympic Tri @ Cd'A, ID
- Aug. 11th, 18th & 25th: Tri Fusion's Hot Summer Nights 5K Run Race Series @ 6:00 pm @ Spokane, WA
- Aug. 15th: Lake Stevens 70.3 @ Lake Stevens, WA
- Aug. 29th: Ironman Canada @ Penticton, BC, Canada

Upcoming Events:

- Tri Fusion's Second Annual Hot Summer Nights 5K run race series will occur on August 11, 18 & 25 @ 6:00 pm right next to Twigs on Addison. Find the entry form and more information on www.tri-fusion.com.

Next Membership Meeting:

- **THERE WILL NOT BE A MEMBERSHIP MEETING IN AUGUST.** We will resume our membership meetings on September 15th @ the north side Twigs restaurant @ 6:30 pm.