

PR Tri Coach News

August 23, 2007



Training Tips

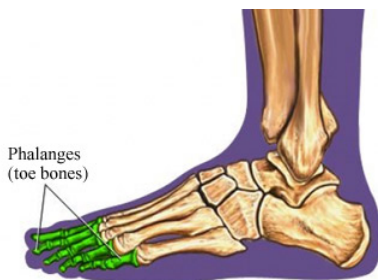


We would like to say congratulations to all of you that have pushed yourselves to take your training and racing to the next level. Many of you have made big stride in improving your racing!

So...how do we measure improvement? Racing faster, staying healthy, losing weight, socializing – these are all ways that triathlon can make a positive impact on our lives.

What ever your goals are, the key is making training and racing fun. When you find yourself wanting to stay longer at work so that you don't have to train, it might be a sign that you've stagnated a bit. Find new places to train and race – new trails, routes, pools and lakes. Even learning a new sport can help break you out of a training rut.

Many of you have built your training towards your big "A" race of the season. What are your plans after your "A" race? Many athletes find that they suffer a bit of a letdown the weeks after the race. A great way to avoid this is to have a plan for the following weeks and months. Take a little breather and reintroduce yourself to your family! Go out to dinner and a movie or a weekend fishing trip. Learn to rollerblade. Take a yoga class
Paint your house. Refocus, stay active and have fun!



Races

This Saturday is the much awaited local event: the Manitowoc-Two Rivers YMCA Triathlon. It is a great race for beginners, as the swim is an ultra-friendly (i.e. shallow) ¼ mile square in the YMCA harbor. This is the event that won Brenda's heart on the area when she was able to participate in it the day after her job interview. When she returned back home and raved about it, Lee knew that he was destined to be a Wisconite!

Also, Duathlon season is right around the corner. Check out www.midwestsportsevents.com for info on the Dousman, Green Bay and Osceola duathlons.

Training

Lee will begin teaching swim clinics at the Manitowoc-Two Rivers YMCA on September 10. The classes are every Monday and Wednesday at noon and will run for 10 weeks. The cost for members is \$28 for the whole series – sign up today!

On a Personal Note...

Germany

We are looking forward to representing Team USA at the ITU World Championship Olympic Distance Triathlon in Hamburg, Germany on Sunday, September 2. Now if one of us will just take the time for pictures. Check out this link to follow the action: www.triathlon.org



Ironman Wisconsin Volunteering

Team Simril will be in kayaks for the Ironman WI swim leg. After the swim, we are looking forwards to seeing many friends plugging away on the bike and run courses. We plan on being there cheering our lungs out until the clock ticks down to midnight, so come on out and join the fun!

Injuries & Rehab

Brenda broke her big toe during the swim/bike transition, but somehow managed to win the Door Country Tri on July 22nd. She has managed to stay race-ready for World's by continuing her racing schedule, but stopping after the swim and bike. This past weekend was her "official" return to racing at Waupaca, where she managed a 2nd place overall while having to shuffle-step only a little bit through the run. Everything is good to go now, so our local MTRY triathlon this Saturday will be the perfect full speed tune-up for World's.

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New Bikes!!!

Thanks to Tony Free of Griffen Bikes, we are sporting brand new SUPER COOL rides. These bikes are the ticket!! Tony custom-painted them w/ the PR Tri Coach colors, and even put our names on the top tube. We've never been so stylin' on the bike course before. But, don't be fooled by the pretty packaging – Tony's bikes are built 100% for speed and comfort. They use the latest metallurgical technology for the tubing and geometry based on wind-tunnel tested aerodynamics. Check them out at: www.griffenbike.com.



HAVE A SAFE AND HAPPY SUMMER!