



December 4<sup>th</sup> 2008



## Racing

### Brain McWilliams Goes 10:23:34 at IM Wisconsin

Good friend and fellow USAT Coach showed us how to go under 11 hours and live a “normal” life.

Brian grew up in the small town of Cuba City, WI (pop. 2000). He went to the University of Wisconsin, graduated in the spring of 1996 with BS degrees in Kinesiology, Physical Education and Athletic Training. Through a class, this is where he was first introduced to the sport of Triathlon. He completed his first triathlon while still in college and has been hooked ever since. He then received his MS from Oklahoma State University in Sports Administration in 1998. Brian's wife, Jodi, and his children, Ethan (8), and Mikayla (4) are his biggest fans!

[Please click here for the race interview with Brian](#)

## Training



### Softer Side of Running

Fall and Winter are the seasons for trail running and racing. After a long and exciting summer of Triathlon training and racing it is easy to feel “burned out”. Often this feeling is more mental than physical. Try signing up for a trail running race and see if you do not get the spark back.

[Click the link to Slowtwitch.com for the complete article](#)

## News

### PRTriCoach Has a New Name!

Our new name is [Simril Multisport Coaching](#). We have done this in an effort to include all types of endurance training and racing.



### Coach Lee's New Contact Information:

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