

News & Notes

July 2, 2007

Race Reports



Brenda and Lee had a big weekend in Portland Oregon at the USAT National Championship race on June 30th. Can you say “tiny fish in a very big pond??” Since all the competitors had to qualify for Nationals, and it was a Team USA qualifier for this year’s AND next year’s World Championships (Hamburg, Germany for 2007 and Vancouver for 2008), anyone and everyone on the Who’s Who of triathlon were there. Fortunately the multisport and marriage gods were looking out for us, as we both qualified for Germany. This means that neither of us has to go along to cheer the other one on while pretending to be happy. So, we’re now eagerly awaiting the big trip. This will surely be a big thrill!

On the local front, Wisconsin had a great showing at Nationals, with just about every age group represented and quite a few Cheeseheads making the national team.

High Cliffs Triathlon

Redline and Fox valley triathlon

Upcoming Races

July 8th: Danskin Chicagoland Triathlon

(Sorry guys – this one is women only!)

This weekend is the huge Danskin Triathlon in Pleasant Prairie, WI. Since the 8th is coincidentally Brenda’s 40th birthday, Lee’s present to her is to let her race while he stands by and cheers her on. ☺

The last check of the participant list showed about 4100 ladies who are going to join in on the fun. Should be quite an experience!

For those of you in the area, Brenda will be leading an informal group pre-race swim & course clinic at the swim start area on Saturday at 2pm.

July 15th: Pewaukee Triathlon

Due to the incredible popularity of the Midwest Sports Events races, this one is already sold out. So, hopefully everyone’s signed up – this is sure to be a barn burner!! Check out the link below for the other upcoming Midwest Sports Events, including the rest of the 5–Star Series events:

<http://www.midwestsportsevents.com>

July 15th: Door County Triathlon

Clinics

As we said earlier, there will be an informal race–prep talk and swim at the Danskin race on Saturday the 7th at 2pm. Just go to the swim start area and look for Brenda and Lee wearing the PR Tri Coach logos.

We’re also planning on doing a similar one before the Door County race, and are hoping to do some more for Gloria and Dawn before the Midwest Sports Events races. Keep an eye out for updates on these.

Check out the link below for a few tips on open water swims:

<http://www.prtricoach.com/TipsLinks.html>

Quick Thoughts

While traveling out to OR, we had the pleasure of sitting beside a new friend named Dave. Dave has recently lost 40 pounds and is on his way to losing another 40 plus. He gave us a great new tip for getting in a little extra exercise throughout the day – He set the default on his



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clubs were out in force at the High Cliffs Triathlon over the weekend of June 23-24. Brenda and Lee gave two open water clinics on Saturday. The clinics were well attended and fun was had by all. Brenda showed off her new found form by winning the sprint race.

We've heard great things about this one...beautiful venue and loads of fun. Alan of Tri-Fox fame just sent out an alert that there are only 80 slots left and they're going like hotcakes.

The weather is great in Wisconsin, so make sure you get out & participate in a multisport event!!

computer to print to a printer that is located two flights below his office. So, every time he prints out something, he gets to hop up and walk a few flights of stairs (probably helps on saving paper, too!). Goes to show that there are many little ways that we can all get more activity at work, even if we're stuck behind desks all day.