

!!! PR Tri Coach Latest News !!!

May 12, 2007

Clinics

Sunday May 6, 2007 – Lee and Brenda were excited that they were asked to speak to the [Fox Cities Triathlon Club](#) about swim technique and nutrition at their May monthly meeting on. There was a GREAT turnout, and everyone was very interested in hearing about Brenda's previous swimming mishaps and Lee's excellent tips on how to avoid those things! The club members were very welcoming and we thoroughly enjoyed the experience. Many thanks to Alan and Glenn for the invite.

Tuesday May 8, 2007 – Lee and Brenda got another chance to speak about swimming to the [Sports Core](#) triathlon training group out of Kohler, WI, along with Bill Mahlik of the [Redline Triathlon Club](#). This is a group of people ranging from experienced triathletes (and swimmers) to pure beginners with little experience in the water. We explained a bit about our background and described some drills, then it was time to hit the pool for a technique evaluation and training sessions. Everyone was very enthused and looking towards a great season ahead. Thanks to Tami Gabrielse of Sports Core for the opportunity to meet the group and help out!

Races

Sunday May 6, 2007 – Thanks to Gloria, Dawn and the rest of the gang at Midwest Sports Events, Brenda and Lee got to partake in their first "big" multisport event in Wisconsin...the [Paper Discovery Duathlon](#). It was a BEAUTIFUL day (albeit a TAD bit windy!!). We were pleasantly surprised by the incredible turnout. And, what a great location – right there on the Fox River in downtown Appleton. We couldn't have asked for a better venue.

The outcome?? Brenda was fortunate enough to have one of her best days ever and managed to take the overall women's title. For Lee, without the benefit of his trump card (the swim), he still managed a very strong finish in both his age group and the overall. Maybe he'll someday inherit Brenda's twisted affinity for the wind and hills on the bike. ☺

Saturday, May 12, 2007 – Another opportunity for a big duathlon...this time down in Beloit (practically in Illinois), at the [Beloit Wellness Biathlon](#). There was a great turnout for this race as well, and yet another beautiful day. We were fortunate enough to get placed in the first wave, which went off shortly after 9am. That way, we were able to watch all the others suffer and struggle to the finish line while we were licking our wounds. Speaking of...Lee was set to snag the second place overall prize when a muscle in his back decided otherwise. But, he managed to soldier on and still finished a very strong 5th overall. Brenda was lucky again and managed to hold on after a strong bike leg to outrun the competition to the finish line. Other than the ice pack on Lee's back, it was another great day!

Kudos to the group at the Stateline YMCA for holding the race for the 18th straight year. We learned that after the first year, the word "duathlon" became the standard for run-bike-run events. But, since they had already started holding the race, they proudly retain the "biathlon" designation.

What's Next?

Visitors!! PR Tri Coach (i.e. Brenda and Lee) are set to get some visitors for the next couple of weeks...Brenda's parents are flying in on Wednesday May 16th to hang out and see where we have chosen to call home! Being from Southern California, they figured that mid-May was a relatively safe time to venture out here. But, don't be too fooled – Brenda's dad was a career Air Force officer, and was actually stationed at KI Sawyer, AFB in the Upper Peninsula of Michigan. That's actually where Brenda was born. So, maybe this is all part of the "getting back to the roots" ideal. Anyway...we plan on taking them with us on our upcoming events (5k runs and the Rueben's Run Duathlon in Albany, WI over Memorial Day weekend). Along with that, we'll catch a Brewer's game, a tour of the Miller Brewery, the Capitol in Madison, and maybe a show in Appleton. Any other suggestions are welcome!

Quick Tips:

- Take the stairs, not the elevator.
- Be careful not to drink too many of your calories – Gatorade, fruit juices and sodas have loads of sugar.
- Eat your wheat and grain in the least refined form you can find.
- Walk, walk, walk! Get in motion – always look for opportunities to walk.
- Keep a nice new set of goggles for your open water races. New goggles seem to be less likely to fog.
- Try wearing your goggles under your swim cap – they will be less likely to get pulled off of your head.
- Run more on your mid-foot and less on your heels.
- Drop your head on the bike and count 5-10 pedal strokes before looking up again. This will make you more aerodynamic (unless you are wearing an aero helmet) and will relax your neck muscles.