

PR Tri Coach News

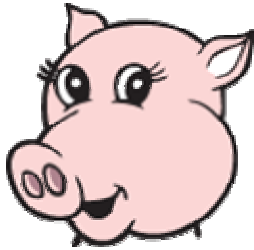
September 16, 2007



Training Tips

Preparing for the Off Season

How can you make it though the off season without getting, well.....pudgy??



The passion of racing during the summer keeps the pressure on us to stay fit and ready to race. So why not find a winter sport that you feel the same passion for? Here are some of the sports that we use to keep the fun, adventure and competitive spirit burning throughout the winter:

- Trail running
- Inline skating
- Cross-country skiing
- Adventure racing
- Weight training
- Swimming

The list goes on and on, but the key to success over the fall and winter is to find activities that you truly enjoy. Don't feel that you have to bang your head against the wall all winter trying to swim/bike/run at the same level that you do during the summer – this is a common mistake, especially for people that are new and enthusiastic about the sport. Remember: everyone needs a recharge physically and mentally.



Races

Today was the Dousman Duathlon, sponsored by Midwest Sports Events. We had every intention of making the race, but Brenda's souvenir from the Germany trip prevented us from partaking. Two days before the ITU Short Course Triathlon World Championships in Hamburg, Germany, she awoke with the dreaded sore throat and clogged head. Sure enough, the friendly German sitting next to her on the plane had complained of picking up a cold while he was visiting the USA and Canada, and she managed to pick it up. Oh well...who really needs to be able to breathe during a swim leg anyway?? This seems to be an incredibly stubborn version because it's now been 2 weeks since the onset and she still can't breathe correctly. To make matters worse, Lee seems to FINALLY be succumbing to it as well. Guess that's part of travel and also seasonal changes. Everyone remember to take those multivitamins!! Check out MWSE for more upcoming events:

<http://www.midwestsportsevents.com/>

Also, the Fox Cities Marathon, in Neenah / Appleton is this coming Sunday (the 23rd). The Simrils will be partaking in that as part of a relay team with PR Tri Coach athlete, Pete, as well as two strong runners from Point Beach Nuclear Plant (Brenda's coworkers). There are shorter distances as well as the marathon, so everyone should come on out and join in the fun.

Ironman WI

Brenda and I were lucky enough to get to volunteer as safety kayakers and draft marshals for the Ironman Wisconsin (www.ironmanwisconsin.com).



This event should be on everyone's must-do list for both as participants or spectators. The race has an amazing energy and receives full support from the community. The townspeople will help you get through the swim and bike, and then the college kids wake up in time to make the run a full-on party!

Training

Lee is teaching swim clinics at the Manitowoc-Two Rivers YMCA, which began on September 10. Even though it's started, you can still join in. 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!

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Germany

Our trip to the ITU World Championships in Hamburg Germany was fantastic. It was a real thrill to represent the USA. The racing was fast and furious. Our side trip to Berlin allowed us to catch up on the history lessons we missed in High School. Here are a few photos...



HAVE A SAFE AND HAPPY FALL!