

the colorado triathlete

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Center

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at Powerman
Alabama

Stretching for
Triathletes

Endurance Films
Triathlon Training Camp

2002 COLORADO
RACE SCHEDULE



April-May 2002

www.coloradotriathlete.com

Like most triathletes, Paul Fritzsche got his start in triathlon through other sports. In the eighth grade his family moved to Briar Cliff Manor, N.Y. and his new school had a ski team. A rumour about a required one mile timed run got him out to run his first laps around the track. "I finished that mile and I was so happy," he recalls, "I came home and I was like, "Mom, guess



race, only the pros are allowed to draft and it is a separate race start. After leading several of the laps during the race, he was passed by a large pack of drafting athletes. "It was a really disappointing experience with all the people drafting and win-

ning because they drafted," Fritzsche recalls.

on the cover . . . Paul Fritzsche

how far I ran today!"

After his ski team experience Fritzsche was coaxed into joining the track and the cross country team. When his seasons were over he was awarded a scholarship to attend

a summer running camp. "That was really what got me interested in getting to a higher level," he said. He contin-

ued his running through high school and joined a summer swimming club. During this time he was also mountain biking with friends.

Fritzsche's first triathlon was a small affair at the West Point Military Academy

in 1993, his sophomore

more year of high school. After putting aero bars and slicks on his mountain bike he was ready for the 1k, 15 mile, 3 mile affair.

"That set a light bulb off because I won my age group and I thought there may be something to this," Fritzsche remembers. The next year he returned to the West Point Military Academy, won his age group and finished tenth overall. "The bug had bitten me, there was no turning back," he recalled.

In 1999 he won the World Championships qualifier (overall age-grouper) in Clermont, Florida. "That was really like, 'WOW, this is where I want to be.' It was really satisfying," he said. He was selected for the Collegiate National Team, and spent six weeks in Colorado Springs.

"That's when it really started to become not just like on the side I'm a triathlete," recalls Fritzsche. "It's like O.K., this is what I am, this is what I do."

Unfortunately, the 1999 International Triathlon Union (ITU) World Championships did not go too well for him. In this

Ranks

That same year his World's experience would pay off.

At Nationals there were large packs forming but Fritzsche stayed away, despite the temptation. "These guys got away with cheating at World's. Maybe that's the only way to win," he thought. Fortunately he resisted and raced clean. He was passed by Brian Lavell and Travis Kuhl on the run, but both of those athletes received penalties and Paul was awarded with the overall title.

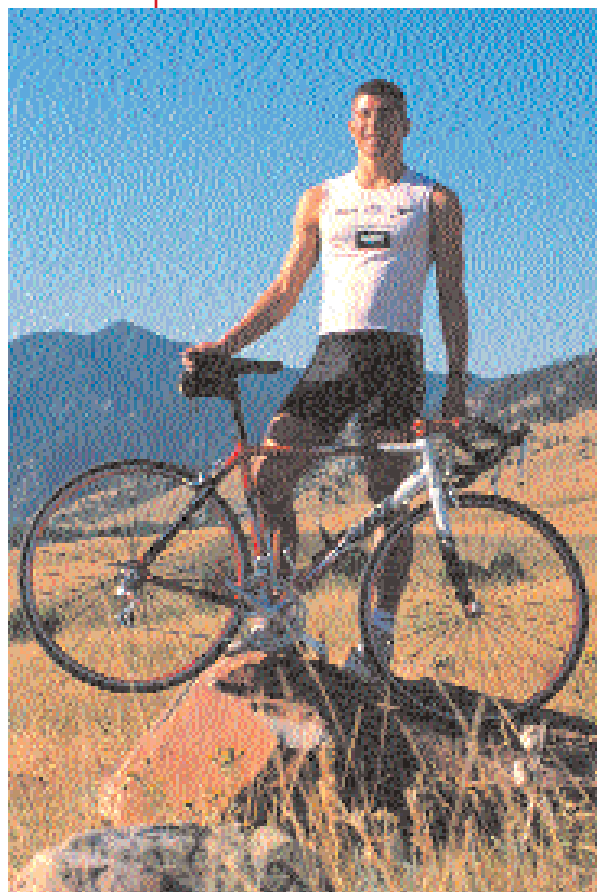
The next year Fritzsche turned pro and moved to Boulder with his long time girlfriend and now wife, Kelly. His first pro race was Powerman Alabama and the race did not go well. He was given the advice to just be happy to not finish last.

His next race was the Wildflower Half Ironman. "I came out of the water with Jurgen Zack and thought, 'O.K. I'm a superstar again'" he said. He finished the bike third and held on for eighth place.

Fritzsche's journey in triathlon has been marked by both success and tough learning experiences. His focus remains on ITU and World Cup races and gaining valuable points towards the 2004 Olympics. With a little luck and continued hard work we just may see him on the starting line in Athens down the road.



*by A.J. Johnson
photography by Courtney Stapleton*



APRIL-MAY 2002

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JAY SUTHERLAND



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given on periodization and creating training schedules, nutrition, bike fit and mechanics, mental preparation for racing, and stretching for triathletes.

Participants were shuttled out of town each day to ride in the lovely red rock mountains outside of the city. While riding the campers learned about various bike handling techniques like

Endurance Films Camp

warming up in Vegas for the coming season

A running joke at this March's Endurance Films Triathlon Training Camp was that the participants were called "campers" while staying at one of the finest and most luxurious hotels in the country. The Venetian resort's Kurt Ouchida (a triathlete himself) was keen to have the event at his showplace after meeting camp director Wes Hobson at the Interbike convention. The Venetian had also hosted *Triathlete* magazine's swimsuit issue photo shoot.

The staff assembled for the four-day weekend included some

of the top names in the sport. Wes and world class coach Joe Friel were joined by former Ironman and Olympic distance world champion Karen Smyers, Olympians Joanna Zeiger and Ryan Bolton, and a support staff including coach Lynda Wallenfels, bike fit specialist Rob Caplan, athletic trainer and massage therapist Kristen McFarland, and Endurance Films owners Eric Feller and Chris Accardo.

The weekend was packed with as much training and seminars as could possibly fit. Lectures were



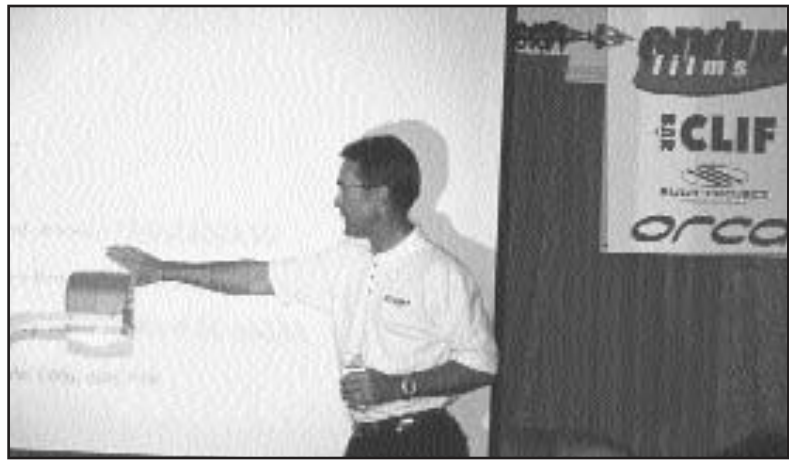
Top: the staff of the camp, from left: Joe Friel, Lynda Wallenfels, Wes Hobson, Joanna Zeiger, Kurt Ouchida, Karen Smyers, Ryan Bolton, Kristen McFarland (not pictured: Rob Caplan, Eric Feller, and Chris Accardo); Above: not your average shopping mall - the Venetian created a replica of the courthouse square in Venice, complete with canals and a permanent sunset sky; Below: happy campers and staff.





proper downhill cornering, pace lining, and gearing. Track sessions were held that included lactate threshold testing, gait analysis, and form instruction for each athlete.

The swimming portions were



held at the Desert Breeze Aquatic Center. Filmed stroke analysis, drills, and hints on mass starts, beach starts, and water entry and exit were all part of the program.

Triathletes of all abilities from all over the country attended. Even with a relatively short time to get to know one another, some wonderful friendships were fostered. The closing banquet exemplified this very well as the

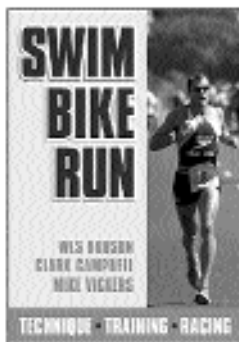
"campers" traded hilarious stories from the previous days and talked excitedly about their plans for the coming race season. Some humorous awards and serious awards were given out to participants from items donated by the camps sponsors.

The camp was sanctioned by USA Triathlon and sponsored by The Venetian Resort, Clif Bar, Rudy Project, Speedo, Triathlete Magazine, Lew Composite Wheels, and Orca.

-K.M.

Go Faster!

If you're ready to get serious about triathlon, let pro Wes Hobson give you a competitive edge with the all-new *Swim, Bike, Run*. Hobson shares his insights from years at the top: training stories to learn from, opinions on the latest equipment, tips on transitions, complete training programs, and strategies for getting the most out of your body on race day. Make the commitment and add *Swim, Bike, Run* to your training regimen!



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Sound Mind and Body

By Adam Hodges

Multi-Sport Innovation

The sport of triathlon was born from a spirit of innovation. In the early days, the first triathletes were single sport athletes that sought out ways to create a more challenging test of their fitness. Whether spicing up a run workout with a swim across a body of water or adding in a bike to the top of the steepest nearby hill, the first triathlons had little in common other than their search for challenges and exploration of the unknown.

Since those beginnings, the number of events and triathletes grew; the sport moved away from its ad-hoc organization and races became increasingly standardized. It seems nearly impossible today to speak of a triathlon without talking about a distance category. We now have as standard measuring units the sprint distance, the Olympic distance, the Ironman distance and the half-Ironman.

Standardized distances allowed us to bring legitimacy to a growing sport and measure efforts against other performances. It created the platform for race series and regional, national, and world championship events. And it helped athletes to differentiate their focus of training—will you be racing long or short this year; or attempting both?

Our sport now stands on firmly established ground—triathlon is an Olympic event, the Ironman series is as big as ever, and the number of athletes competing in the sport has reached critical mass. I certainly wouldn't trade in the success of triathlon in its current state, but as with anything gained there has been something lost. And as inevitable as it was, the excitement that comes from newness has given way to the routine of establishment. The jump into the unknown was bound to be replaced by marks of precedence. The oddly plotted race courses and unique distances were bound to give away to standard measurements. Triathlon today is still an exciting sport, full of challenges. But it's not exciting in the same way. The choices for racing are all laid out on the table; it's simply a matter of choosing from the selection of pre-formatted, pre-established events.

While the sport becomes increasingly standardized and established, it would be nice to see it become equally diversified and ground-breaking. Perhaps that is a lot to ask, but the spirit of innovation that once sparked the advent of the sport can still be seen operating.

Mountain bike triathlons broke the mold in the '90s. In road triathlons, Australia came up with Formula-One racing. And more recently, winter multi-sport has come onto the stage—in 2001, the first USA winter

triathlon championship took place. And the popular Mount Taylor Winter Quadrathlon has been a favorite for years, while smaller events like Breckenridge's Imperial Challenge provide unique challenges to triathletes bored with the same old standard fare. Incidentally, it's no surprise that many of today's best



adventure racers started out in triathlons before taking that need for a different challenge to new dimensions.

Even in the realm of summer swim-bike-run events, there is still a plethora of innovative events waiting to be created. And while standardized events are important, I'd love to see more race directors breaking out of the mold. How about some events that shuffle the order of events? Run-bike-swim. Bike-swim-run. And there's no need to finish each individual discipline in one single leg. The race can be as unique as the terrain on which it's held, like the ad-hoc events in southern California in the late-'70s and early-'80s with multiple transitions—swim-run-swim-run-bike. Or how about some simple swim-run events? Or events without transitions that are spread out over three separate, individual stages whose cumulative time is then added together.

With this spirit of multi-sport innovation in mind, special recognition must go to race director Darrin Eisman for his work in putting together the first ever off-road Ironman-distance event in western Colorado. This takes the idea of mountain bike triathlon to the extreme and offers a unique variation on the triathlon theme. The 112-mile mountain bike leg tops out at 9,200 feet after a 3,000 foot climb in the Roan Cliffs and Hubbard Mesa area near Rifle...and that climb is done twice. A trail marathon caps off the race. Hats off to Eisman for making this a reality! It's a fine example of multi-sport innovation, providing a unique, unparalleled opportunity for athletes to test their mettle in a never before tested domain. While the distance is familiar, it has never been tried on this type of off-road terrain before and it will be exciting to see what kind of times and experiences are had by the competitors. Eisman's event will no doubt provide an exciting glimpse into the unknown. And it is an example of the mold-breaking innovation that is welcome and needed for our continually evolving sport.

*Adam Hodges is our assistant editor
and website developer*

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We welcome and encourage submissions of all kinds related to triathlon, duathlon, and coaching (electronic is preferred). Contact us at the address above.

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This publication is dedicated to the memory of William J. D. Miller.

TRIATHLON CLUBS AROUND THE STATE

Bad Boys and Girls Tri Club 303.796.8581
South Denver Metro Area jim.flint@galileo.com
Boulder Triathlon Club 303.938.2109
P.O.Box 3691, Boulder, CO 80307.www.bouldertriathlonclub.org
Colorado State University Triathlon Team
David Runkles 970.221.0756
Dave Scott's MultiSport Clubwww.davescottinc.com
3080 Valmont Road, Suite 242, Boulder, CO 80302303.786.7184
Northern Colorado Triathlon Club..... 970.225.0212
Ft. Collins, Brian Schwartzwww.go.to/triathlon
Pike's Peak Region Triathlon Club 719.481.2337
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Jimmy Archer / Grant Holicky.www.team365.net
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.www.recreation.du.edu/adultprograms/adult_frameset.htm
.www.goenm.com/swim/intropage.htm
Vail Triathlon Club 970.748.7504
Dan Timm ww.vailtriclub.com
C/O Aria Spa and Club, 1300 Westhaven Drive, Vail, Co 81657
Women's Triathlon Club of Boulder..... .303.554.8857
Beth Davis. emdavis@indra.com

If your club is not listed, please contact us!



wind sprints . . .

Schwartz Makes Board

Boulder's Eric Schwartz has been reelected to the Athlete's Advisory Council to the USA Triathlon Board of Directors. Schwartz will serve a second two-year term. The Athletes' Advisory Council helps the board know and serve the needs of the elite level athletes in the country and consists of elite level athletes. Eric has been a successful world class professional duathlete and triathlete for years and runs the comprehensive and very up-to-date duathlon.com website.

USA Triathlon Names New Resident Team

The new 2002 National resident Team has been named by USAT officials. The Resident Team consists of up-and-coming young talent at the olympic distance. Athletes who have potential are identified and brought to the Olympic Training Center in Colorado Springs to work with coaches Libby Burrell and Michelle Blessing. They live at the center and have all of the world class sports performance and sports medicine facilities at their disposal.

Two of the residents, Joe Umphenour of Bellevue, Washington, and Brent Perdrizet of New Fairfield, Connecticut were on the team last year and have competed in many International Triathlon Union (ITU) races already.

They will be joined by Bryan Beckman, 19, of Eldorado Hills, California; Courtney Bennigson, 22, of Boston; Kevin Dougherty, 28, of Huntsville, Alabama; Samantha Dompier, 23, of Houston; Brian Fleischman, 23, of Jacksonville,

Florida; Mark Fretta, 24, of Portland, Oregon; Dominic Gillen, 24, of New Preston, Connecticut; Kelly Handel, 24, of Zionsville, Indiana; Jenny Marine, 26, of Naperville, Illinois; Ian Ray, 25, of St. Petersburg, Florida; Susie Stark, 25, of Hudson, Ohio; and Gia White, 23, of Peoria, Illinois.

Siri Starts Off Strong Down Under

As she has for the past few years, Siri Lindley began her racing season in Australia. She won the first ITU Points race of the year, which was in Devonport, Tasmania, on March 17th, over fellow American Barb Lindquist. After Lindquist had biked alone on a hilly course, Lindley's running speed was too much for her and Siri passed her on the second lap. Her finishing time was 2:02:21 for the 1.5K/40K/10K olympic distance race.

Then in Geelong, Victoria on

March 31st Siri placed 4th behind Australian powers Hackett and Harrop, and Wyoming's Lindquist.

US Winter Triathlon Championships Cancelled

Unfortunately, the second annual U.S. Winter Triathlon Championships had to be cancelled. The event, which was to be held in Frasier, Colorado again this year at Snow Mountain Ranch, lacked sufficient sponsorship and registration prior to race day. Last year 47 athletes participated, including many top pros. The race consisted of a 10K snow run, a 20K mountain bike on snow, and a 10K cross country ski finish leg.

The winter version of triathlon has grown significantly in Europe and the ITU has developed a series and a World Championship. Boulder's Neal Henderson travelled to Brusson, Italy to compete



Siri Lindley (photo: Brian Bahr/ Sportsworld Media Group)

in February. He placed 32nd with a 1:50:24 finishing time over the distance of 7K run, 15K mountain bike, and 10K nordic ski.

USA Triathlon hopes to improve the publicizing of the domestic event next year to increase participation. Eventually it will serve as a qualification race to attend the World Championships.

Luchinske Wins Desert Classis Du

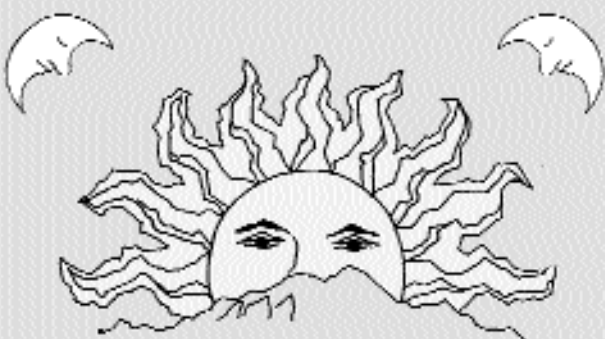
Tim Luchinske, of Lafayette, won the McDowell Desert Classic Duathlon in Phoenix, Arizona on February 24th. The early season race consists of a 3.5 mile trail run, a 22 mile bike leg (road), and then a final 2.7 mile trail run. His time was 1:24:12.

He followed that up with a 10th place at the Dannon Duathlon Series opener in Haines, Florida in March. The field was loaded with European, world, and national champions, so the result was quite stellar. He clocked a 1:23:04 over a 5K/30K/5K course.

Eric Schwartz of Boulder came in 21st in the Dannon, in 1:26:12.

Uruguay ITU Points Race

Susan Bartholomew Williams (Littleton) was 4th, Jennifer Gutierrez (Denver) 6th, and Monica Caplan (Boulder) 7th in the Challenge de Punta del Este ITU points race on February 9th.



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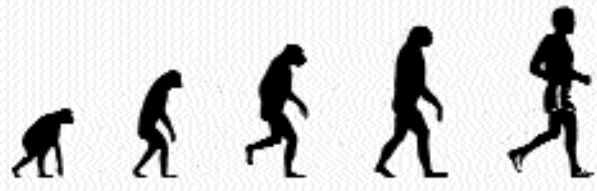
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-Wes Hobson



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Wes Words

by Wes Hobson

Transitions - The Fourth Sport

Although triathlon consists of three primary sports - swimming, biking and running, there is a fourth sport, transition, which is often overlooked. The time spent between the swim to bike (T1) and the bike to run (T2) is essential to beating the clock and the competition. Improving your transitions has its rewards. First, it doesn't take a lot of sweat and training to improve your transition efficiency. Second, it's a lot easier to gain time on competitors in transition than having to run or bike faster to gain time. And third, a quicker transition won't crank your heart rate or drain your energy. Here are a few basic tips to help improve your time.

Arriving: Arrive before the start of the race to organize your transition area. If the racks are not numbered, locate an area that is the most direct distance from the entrance to the exit. If possible, depending on the rack itself, rack your bike by its seat with the front wheel facing out and towards the direction you will be going. Put your sunglasses in your helmet or have them inside your water bottle cage to put on after you are moving. Hang your helmet with the front facing toward you as you approach your bike and with the straps outside of the helmet ready to be grabbed easily and buckled. Have your shoes already attached onto your cleats with the Velcro straps loose for an easier entry. The only exception to this is if you have a very steep hill right out of transition where it is wiser to put your shoes on before getting on your bike. Have your transition area marked with a colorful towel, baby powder in front of your spot or even have a balloon tied to the

rack where your bike is located. Anything to make your transition area easier to spot in the mass of bikes. Race numbers can be pinned on to your jersey or displayed on an elastic waste belt. For men, tuck the jersey with the race number or race belt into your swimsuit so you can pull it out while you are running from the swim to bike. If you are wearing a wetsuit, have your race number and jersey already on.

Before going to the start, walk through all of the entrances and exits of the transition area. It may seem trite, but when you are racing the adrenaline is pumping and if you aren't prepared, the slightest bit of being disoriented can create panic. Pick out your bike as you walk to T1 from the swim exit. Make specific notes of your rack location. Is it the fourth rack over, second row back? Is it near a particular race banner, etc.?

T1 Swim to Bike: During the swim leg, visualize what will happen as you exit the water. Think about where your bike is and the order you will do things. Approaching T1, take off your swim goggles, swim cap and untuck your race number while running. If you are wearing a wetsuit, have the torso section already off by the time you get to your bike. Once at your transition area, you can even be putting on your helmet as you kick off the wetsuit. Lubrication on the inside and outside of the ankles helps this process. Next, lift your bike off the rack, push it to the mount line and you are out of T1. A simple process that people tend to make too difficult.

T2 Bike to Run: This transition is even easier. Simply dismount your bike at the dismount line. With practice, you can have your feet out of your shoes while riding the last 100 meters or so. As you approach the dismount line, hurdle one leg over your bike and hop off, keeping your momentum as you dismount, and run to your transition area. Hang your bike and unbuckle your helmet. Put on your running shoes and see ya! Use elastic shoelaces so you don't have to tie your shoes. Wear a lightweight mesh cap to keep the sun out of your eyes and if it is hot, you can use the cap to hold ice from aid stations on your head.

Improving transition time is a simple way to decrease your overall time. Practice the basic tips above as part of your regular training regimen to keep your transitions smooth. Come race day, you will have two chances to gain on your competitors ... T1 and T2.

Regular contributing writer Wes Hobson is a recently retired pro triathlete, now coaching and pursuing other triathlon related endeavours. Look for new coaching information and contacts for Wes on our website: www.coloradotriathlete.com

(Photo by Daphne Hougard)

2002 COLORADO STATE MULTISPORT RACE SCHEDULE

April 7

Snowfusion Kayak

downhill; dual slalom snowbike;
snowshoe/snowboard
duathlon; snowshoe
Snowmass Village, CO
Andrew Bielecki
970-349-6366
andrew@csn.net

April 13

Imperial Challenge

6.2M mntn.bike / 3M snowshoe or
xc ski / 1M downhill ski or
board
Breckenridge, CO
Jerry Stafford
970-453-0333
gasports@colorado.net
ww.greatadventuresport.com

Apr 13

Pole, Pedal, Paddle

6M xc ski / 22M mtn.bike
/ 6M kayak
Salida, CO
Hank Bevington
800-288-0675
aae@amigo.net
americanadventure.com

Apr 21

Y-Bi Duathlon

11.2M Bike / 5.5M Run
Pueblo West, CO
Ben Valdez
719-543-5151

May 11

Barkin' Dog Duathlon

(Mile High Duathlon Series #1)
5K Run / 30K Bike / 5K Run
Keenesburg, CO
303-527-1798

May 18

Denver Athletic Club

Sprint Triathlon

800 meter Swim/ 12 M Bike/
3M Run

Cherry Creek Reservoir
720-931-6712

May 18

Ordinary Mortals Triathlon

(Women's Heats)
525 meter Swim/ 12M Bike/
3M Run
Pueblo, CO
719-543-5151

May 19

Ordinary Mortals Triathlon

(Men's Heats)
525 meter Swim / 12M Bike /
3M Run
Pueblo, CO
719-543-5151

May 30

Adventure Xstream 100K

Adventure Race
Durango, CO
303-678-5033

June 2

Longmont Tri and Du

625yd Swim/ 15.5M Bike/ 3M Run
Longmont, CO
www.active.com

June 8

Fort Morgan Tinman Triathlon

.9 M Swim / 31 M Bike / 10K Run
or
1.2M Swim/ 56M Bike/
13.1 M Run
Fort Morgan, CO
970-867-1724

June 15

Big Sky Duathlon

(Mile High Duathlon Series #2)
2.5M run / 15M Bike / 2.5M run
Bennett, CO
303-527-1798

June 16

Broomfield Mini Ha Ha

300yd Swim/ 11M Bike/ 2M Run

Broomfield Rec Center,
Broomfield, CO
303-464-5501

June 22

AdventureXstream - Durango,

100k Adventure Race
info@gravityplay.com
www.GravityPlay.com
970-259-7771

June 23

**Cheyenne Mountain Sprint
Triathlon**

750 meter Swim/ 20K Bike/
5K Run
Colorado Springs, CO
719-473-9828
www.thetpi.com

June 29

Cabbage Head Duathlon

(Mile-High Duathlon Series #3)
5K Run / 30K Bike / 5K Run
Wiggins, CO
303-527-1798

June 29

Silverthorne Mini-Duathlon

5K Run / 10K Bike
Silverthorne Rec Center
Silverthorne, CO
Joanne
970-262-7373

June 29

Loveland Lake to Lake Triathlon

1.5K Swim/ 29.5M Bike / 10K Run
www.lovelandlaketolake.com
Peggy Shockley
970-669-6372
shockley8@aol.com

July 7

Monument Sprint Triathlon

1/3M Swim/ 15.2M Bike/
3.1M Run
Lake Woodmoor
Monument, CO
719-632-3933

Penny_Goldthorpe@meristar.com
www.timberlinetiming.com/
saturntri

July 14

Iron Kids Triathlon

ages 7-14
Louisville, CO
Louisville Rec Center
303-494-1634

July 20

Desert Sun Half-Ironman Triathlon

1.2 M Swim / 56 M Bike /
13.1 M Run
Grand Junction, CO
970-241-6786
www.sportsconnection.net/sports
.htm

July 20

Adventure Xstream 100K

Adventure Race
Vail, CO
303-678-5033

July 20-21

Off-Road Endurance Challenge

at Rifle Gap
2.4 M Swim / 112 M Mtn Bike /
26.2 M Trail Run
Rifle, Colorado
www.racingunderground.com
*Race is full!

July 21

Fort Collins Triathlon & Duathlon

3K Run / 13 M Bike / 5K Run
or
450 yd Swim / 13 M Bike / 5K Run
Fort Collins, CO
970-224-2582

July 27-28

XTERRA Off Road Triathlon

1K Swim / 26K Mtn Bike /
10K Trail Run
(Also: trail running & mountain
bike races)
Keystone, CO
www.xterraplanet.com
info@xterraplanet.com
877-751-8880

Aug 4

Danskin Women's Triathlon

.75K Swim / 20K Bike / 5K Run
Denver, CO
303-430-2969
800-452-9526
www.danskin.com/triathlon.html

Aug. 4

Colorado State Games Triathlon

1/3 M Swim / 15 M Bike / 5K Run
U.S. Air Force Academy
Colorado SXprings, CO
www.thesportscorp.org

Aug 10

Boulder Peak Kids Triathlon

varying distances according to
age
Boulder, CO
info@bpt-kids.com
www.bpt-kids.com
303-546-0025

Aug 11

Boulder Peak Triathlon & Duathlon

tri: 1500 meter Swim / 26M Bike /
10K Run
du: 5K Run / 26M Bike / 5K Run
Boulder, CO
303-380-9155
fax: 303-763-5733
www.boulderpeak.com

Aug 17

Pagosa Lakes Triathlon

7.5M Run / 15M Mnt.bike /
.5M Swim
Pagosa Springs, CO
Pagosa Lakes Rec Center
970-731-2051
plpoa@plpoa.com

Aug 24

Aspen High Country Triathlon & Duathlon

18 M Bike / 5 M Run
or
800 yd Swim / 18 M Bike / 5 M Run
Aspen, CO
970-920-5140
chanced@ci.aspen.co.us

Aug 25

5430 Triathlon

2.4 M Swim / 112 M Bike /
26.2 M Run

or

1.2 M Swim / 56 M Bike /
13.1 M Run
Boulder, CO
Beth Spiegel
303-402-9004
www.5430tri.com

Aug. 25

Louisville Legacy Triathlon

.5K Swim / 15 M Bike / 4.5 M Run
Louisville, CO
www.bkbltd.com

Aug 25

Brooks Muddy Buddy Ride & Run Series 15K

Bear Creek Lake Park -
Lakewood, CO
303-282-9020

Aug 31

Tri It High Lake County Triathlon

1K Swim / 30K Bike / 10K Run
Lake County Rec Complex
Leadville, CO
Melissa
719-486-4226
www.leadvilleusa.com

Sept 7

AdventureXstream - Vail, 100k Adventure Race

info@gravityplay.com
www.GravityPlay.com
970-259-7771

Sept 7

Snow Mountain Ranch Mountain Bike Duathlon

5K Run / 15K Bike / 5K Run
or
10K Run / 20K bike / 10K Run
Winter Park, CO
Mark Birdseye
303-443-4743

Sept 8

Fall Frenzy Tri/Du & Kids Tri

500yd Swim / 15m Bike / 5K Run
Kids tri limited to first 75 regis-
trants, distances vary,
depending on age.
Duathlon distances:
5Krun / 15m bike / 5Krun. Race
benefiting Kiwanis Club.

Parker, CO
Myron Zoglmann
303-840-8014
info@fallfrenzy or director@fallfrenzy
www.fallfrenzy.com
www.active.com

Sept 8
Avon High Country Duathlon & Triathlon
14 M Bike / 5 M Run
or
800yd Swim/14 M Bike/5 M Run
Avon, CO
970-949-4820

Sept 8
Tri Glenwood Triathlon
.5M Swim/ 15M Bike/5M Run
Glenwood Springs, CO
970-945-7724

Sept 15
True Grit Off-Road Triathlon
1.5K Swim / 35K MTB /
11K Trail Run

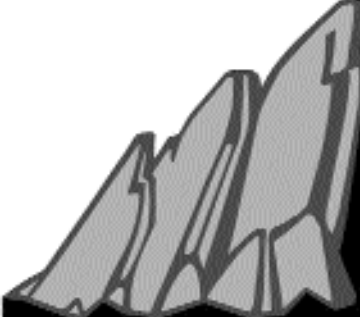
Ridgeway, CO
970-626-2007

Sept 15
Harvest Moon Long Course Triathlon & Duathlon
5K Run/ 56 M Bike /13.1 M Run
or
1.2M Swim/56M Bike /13.1M Run
Aurora Reservoir, Aurora, CO
303-527-1798
www.racingunderground.com

Sept. 21
Tenderfoot Tri and Du
1K Swim/ 40K Bike/ 10K Run
Salida, CO
www.salidachamber.org

Sept 28-29
Kokopelli Adventure Race
Fruita, CO
303 635-2815
emgmh@emgcolorado.com
www.emgcolorado.com

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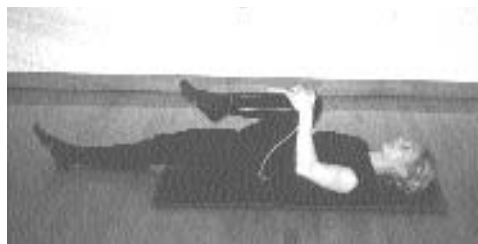
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~~STRETCHING FOR TRIATHLETES~~

BY KRISTEN MCFARLAND, M.S., A.T.C., C.M.T.

WITH MODEL NICOLE DEBOOM



There are probably as many philosophies out there about stretching as there are stretches. A good flexibility program is absolutely essential in order to train and race hard without injury, however, so no matter how you choose to go about it you need to make it part of your routine. And stretching will not only help prevent injuries, but also enhance performance. My view is that one should warm up for a few minutes and then do just 4-5 minutes of sport-specific stretches before each activity (longer before a race) and then have a 20-25 minute full-body routine in the evening after the day is over. Set your goal for every day, then if you get in five days per week you'll be in great shape.

Most of these stretches are quite common, but a couple of crucial ones are often forgotten and are marked with asterisks. They are presented here in a logical order both for efficiency and efficacy. They progressive so that each move in group will build upon the last one.

Supine hamstring and hip series (pictured at left):

1) Start by pulling your knee in to your chest, then 2) isolate the biceps femoris (the lateral hamstring) by attempting to raise your foot to the ceiling while your knee is still bent towards your chest. Then 3) release your knee and straighten the leg the rest of the way to get the other hamstrings. 4)*** Proceed to the hip stretch by pulling the knee to the opposite shoulder and then 5) over to the side. Keep your shoulders on the floor.

Traditional straddle (right): Start with the feet relaxed, lean to the middle and then each side, repeat with feet flexed, then add side stretches in by doing it "ballet-style" as Nicole demonstrates.

Butterfly stretch (right): Soles of the feet together, increase the stretch by leaning forwards and/or pulling the feet closer in towards you. Press your



press knees out with elbows



1



2

knees towards the floor with your elbows.

Standing Quad stretches:

(photos 1 & 2 at left) Start with the three vastus quadriceps (which just cross the knee joint) by pulling your foot up to your hip, then work the rectus femoris (the top quad that is also a hip flexor) by doing the same with your knee back behind

you. Try not to lean forward.

Standing Psoas stretch:***

(3) This is one of the most important stretches for cyclists. Put your foot up on something, turn the back foot out, press hips towards front foot. You'll feel this just at a small point in the groin area of your back leg (where the psoas attaches to your femur) if you're doing it correctly.

Hip flexors (more):

Position yourself in a one legged split as shown at left, press your hip into the floor. Then grab the back foot with the opposite hand and draw towards the buttocks. This second part is an advanced stretch.

Hip extensors:

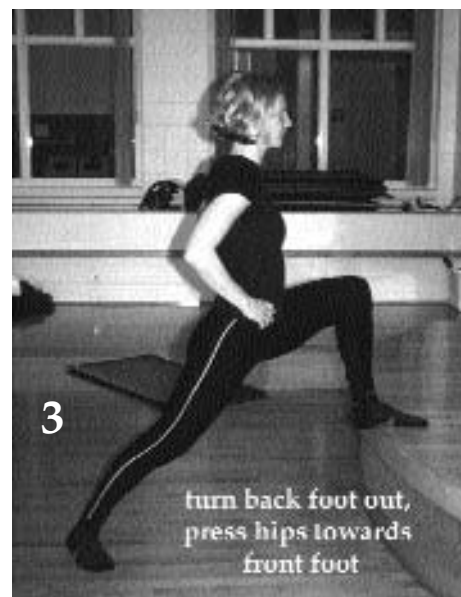
(4) In the same position as above, the one legged split, drop the front foot slightly inside so that the outside of your thigh on the bent leg is closer to the floor, and then press your opposite shoulder down towards the front knee.

Back stretches:

The left bottom photo is a yoga stretch called the cobra. Then stretch your back in the other direction by curling up into a ball.

Standing back stretch:

Grasp legs behind knees and



3

turn back foot out,
press hips towards
front foot



4

press knee into opposite shoulder





lift up through the back using your abdominal muscles (Thanks to Nicole for the addition of this stretch.)

Calves:

Standing calf stretch: use a stair or other object, drop heel down behind. Be patient with this stretch. The achilles tendon takes at least a minute to respond to a stretch.

Soleus stretch:

(top left) Kneeling,



push knee forwards while keeping the foot on the floor as shown.

Shoulder series: (bottom row)

It is difficult to effectively stretch some aspects of the shoulder joint, but these few minimum stretches should be done to improve range of motion for swimming, and help prevent rotator cuff tendonitis. The first two of the series get the triceps and 'lats' mostly, the third the posterior deltoids and infraspinatus, the fourth the pectorals and the anterior deltoids.

Doorway stretches: ***

(left and below) To do the first stretch you may need a step if you're shorter, but sometimes you can find something else besides a door jamb to use as the anchor. Keep your elbows relaxed but not bent too much. Press your shoulders forward so

that they come through the doorway and your elbows are behind you. Then get your anterior shoulder elbow by placing your forearm along the vertical part of the door jamb and then turning away from your arm. Your elbow should be at shoulder height.

Do all stretches at least twice, most three times. Rather than count the number of seconds you hold each position, it is better to just *take a few long, slow breaths for each one*. Yes, this will end up being around 30 seconds a repetition, but it is better to concentrate on breathing and relaxing into each position than counting seconds. Push slowly, smoothly and gently into each position. The key is to make sure you have a change in the range of motion, so some will take more time than others according to where *your* body is tight.



TRI TRAINING MADE EASY WITH LOCAL ELITE-TEAM

Getting ready for Boulder Peak Triathlon, 5430 Ironman-distance Triathlon, 5430 half-Ironman Triathlon, or another triathlon this summer? There's a new training series in town to help you get ready.

The series will take place on Saturday mornings (June 15 through August 3) on the CU Campus. Each lecture will be followed by a training session supervised by coaches and elite athletes to help you prepare for your race. There's an outstanding panel of speakers lined up:

✓ June 15: **"Magical Running"**: Bobby McGee leads off the series with a lecture on running followed by a run/drill workout. A few of McGee's credentials include degrees in Physical Education and Human Movement Studies, coach of Olympic and World Championship Gold Medalists, and Olympic and National Team Coach for South Africa 1987 to 1999.

✓ June 22: **"Mental Floss for Triathletes"**: Bobby McGee will talk about mental skills training for ultimate performance. The lecture will be followed by a swim/drills workout in CU Campus pool.

✓ June 29: **"Training Basics and Testing"**: Neal Henderson, a professional triathlete and the Coordinator of Sports Science at the Boulder Center for Sports Medicine, presents what you need to know to create the best training structure for you. Neal has an MA in Kinesiology and Applied Physiology, and is certified as a USAT Coach and NSCA Strength and Conditioning Specialist. The lecture will take place at the Boulder Center for Sports Medicine and will include demonstrations of the physiological testing that will help you design your training. Bring your running shoes for a run at Mount Sanitas after the lecture.

✓ July 6: **"Cycling – Basic Facts and Well-Kept Secrets"**: Allen Lim is a doctoral student in the Department of Kinesiology and Applied Physiology at Boulder. His research focuses on the use of power meters in predicting and optimizing performance in professional cyclists and triathletes. As a former resident coach for the U.S. National Cycling Team and coach of several top American cyclists, he is one of the foremost experts in the field of cycling. Bring your bike and running shoes for a ride/drills workout after the talk.

✓ July 13: **"Swimming Fi(t)ness"**: Jane Scott is the best known swim coach in the Boulder area. If you are a Masters swimmer or triathlete, chances are you have been in one (or many) of Jane's workouts. Learn from her what to consider in your swim training. The swim workout (CU Pool) after the lecture will prepare you for open water swims.



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✓ July 20: "Nutrition – the Fourth Discipline in the Sport": Sara Hanifin is the sports nutritionist at the Boulder Center for Sports Medicine and has extensive experience working with athletes and their needs during training cycles as well as on race day. Bring your running shoes for a run after the talk.

✓ July 27: "Oh no, it's a Lake Swim!": Nick and Teri (soon-to-be) Cady are two Boulder-based professional triathletes. Between leading Masters swim workouts and competing in triathlons, Nick and Teri know the demands of open water well. Join them at the Boulder Reservoir (there will be a fee to enter the Res) for the open-water discussion and swim/transition workout. Bring your wetsuit if you have one.

✓ August 3: "Details, Details – Transitions and Race Day Prep": Wes Hobson, coach and former professional triathlete, talks about the details of putting everything together for race day. Bring your bike and running shoes.

All lectures are scheduled for 10 a.m. on Saturdays on the CU Campus and are \$30 (there's a discount if you sign up for the entire series). To sign up for the lectures, go to www.totaltrainer.com and download the registration form or ask at your local running store for flyers.

Train with Boulder Elites

In addition to the workouts after each lecture, the Total Trainer Triathlon Team will also offer individual swim sessions for videotaping and stroke analysis. Proceeds from the training series go towards entry fees and expenses that come with travelling to the national races this year. The team's core consists of four pros: Chris Valenti, Blake Ottersberg, Ryan Ignatz, and Greg Woods.

Thanks to the race promoters Paul Karlson (Boulder Peak Triathlon) and Beth Spiegel (5430 Triathlon) who have graciously offered the Total Trainer Triathlon Team to plan the series around their events. Also a big thank you to the team's sponsors: Total Trainer, EAS, LiteSpeed, Lew Composite, Kinetic by Kurt, Profile Design, Rudy Project, and Louisville Cyclery.

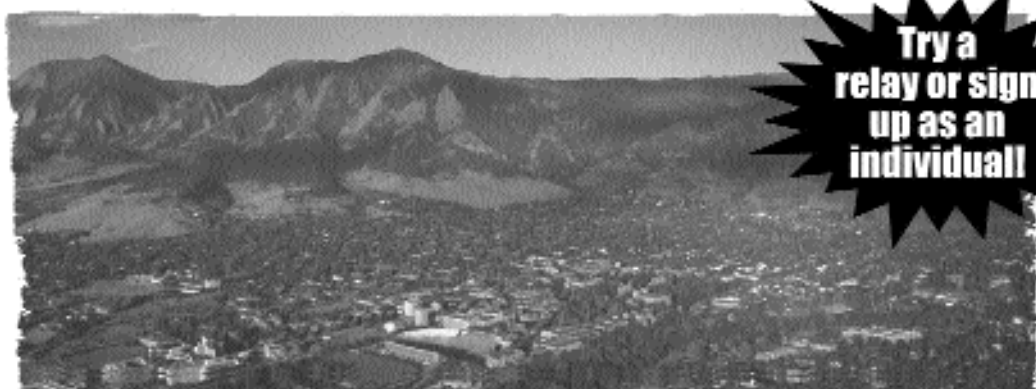


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Dennis Meeker, Boulder, CO
5430 Triathlon Winner, 2001

For more info, check out:

www.5430tri.com

BOLTON SECOND AT POWERMAN ALABAMA

Misses a win in his first duathlon by a mere four seconds

Ryan Bolton of Boulder wasn't sure what to expect of his first duathlon. On top of that, it was going to be the first race of the new season, and he had never raced so early in the year.

"I just wanted to go and kind of get a feel for what a duathlon is all about and everything. Of course when you go to a race you want to be competitive, so I was going to go as hard as I had to go, but I didn't really have any expectations. I just wanted to have a good time and finish strong."

The race, outside of Birmingham, Alabama, had a \$5000 purse and was also a qualifier for the ITU Long Distance Duathlon World Championships in August in Austria. Defending champion Huub Maas of the Netherlands was racing, as was Jonathan Hall of Australia. Hall had won the Dannon Duathlon in Florida two weeks before and Bolton considered him the favorite.

The field went out fast, the leaders running under a five minute pace for the first leg, 8K, which he said was quite a shock to his system.

"I had no speed under my belt at all. I hadn't really been on the track and hadn't done any high-end stuff. I'd just kind of been logging the miles."

Ryan came into the first transition with a group of four other athletes. Unfortunately, all of his top competition were using platform-type pedals that allowed them

to bike in their running shoes and fly through their transitions. Ryan was using traditional bike shoes and the time lost in transition was much more than the four seconds by which he lost the race.

He had been warned that his legs might feel dif-



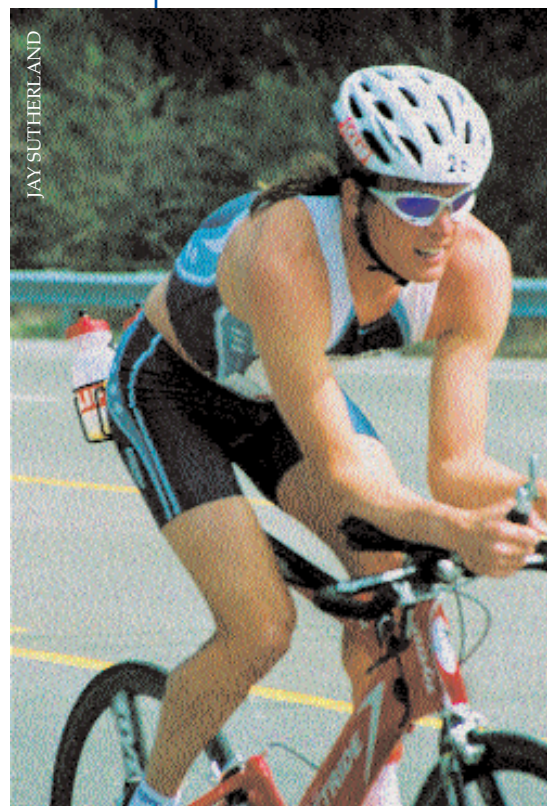
JAY SUTHERLAND

ferent going from a run to a bike leg, so different from triathlon, but he didn't have any trouble.

"Right when I got on the bike I felt super. It didn't take me any time to get my legs at all, really. I felt pretty good straight away. The difference was getting off the bike that second run. It took longer for me to get my legs underneath me." The first mile of the second run, also 8K, was the slowest mile of the race for him.

Entering T2 in second place, behind Hall, two others caught him in transition. After struggling for a mile and a half or so to get a good pace going, he ended up catching Hall on the second lap and ran for a while with a group that included Maas, Hall, and the eventual winner, Armand van der Smitten of the Netherlands. Then he and van der Smitten pulled away from the others. They ran together until about two hundred meters to go when van der Smitten managed a good kick to win by just four seconds. Ryan's final time was 2:20:56 for 8K/55K/8K.

-K.M.



JAY SUTHERLAND

State of the Art:

The new U.S.A. Triathlon National Training Center

half an hour from the Orlando airport, is host to a large number of triathlons run by Fred Sommer, most notably the Great Floridian. Sommer was recently elected vice president of USAT's executive board.

Dr. Michael

Ray, John Moore, Leslie Longacre, and Jeff Duke of the Orlando Regional Healthcare System (South Lake Hospital's parent company) were instrumental in conceiving the project and bringing it to fruition.

The large facility boasts a 70 x 25 meter swimming pool that includes a diving well with one and three meter boards. It is split at the 50 meter point by a bulkhead and has lane lines going in both the 50 and 25 meter directions. The far end of the pool is tapered to zero feet of depth for very young children and handicapped use.

Inside, the center is a complete sports performance and sports medicine and rehabilitation clinic. In addition to human performance testing and standard physical therapy equipment, it also has a dance studio/aerobics

room, a giant cardio theater with at least a dozen treadmills, eight rowing machines, ten elliptical trainers, about thirty stationary bikes, a dozen Stairmaster-type machines, Cybex weight machines, and extensive free



Above left: front entrance; bottom left: the front lobby displays USAT Olympic Team uniforms and team photo and a photo portrait of current world champions Siri Lindley and Tim DeBoom (both of Colorado); above: Rehabilitation Services Director Amy Moriarty and Athlete Development Director Rick Rozenkranz

weight equipment. There are also meeting rooms, offices for USAT and center staff, and a small shop with various USAT souvenirs and clothing.

Besides being a training center

After many years of negotiating, planning, and building, the brand new U.S.A. Triathlon National Training Center is up and running. The forty-thousand-square-foot building is sponsored by the South Lake Hospital, which is just several hundred yards away. The Center is located in Clermont, Florida, on a vast campus that includes the hospital, the University of Central Florida, Lake-Sumter Community College, and the Florida Special Olympics headquarters. Clermont, about a



for triathletes of all abilities, it also serves as the physical therapy center for the hospital and a general community wellness center. For example, on the day these photos were taken, community diabetes screening and education classes were being held.

Rehabilitation Services Director Amy Moriarty, M.S.P.T., explains that the mission of the training center is "to provide services for all of a triathlete's needs, whether it be training needs, testing needs, or coaching needs. Also being a location for elite athletes and international athletes to train, but

with a large community component." They are there to serve age group athletes as well, who can visit the center for personalized help. "All they would have to do is call in and let us know what their goals are," she added.

Rick Rozenkranz and his wife, Sarah, moved from Colorado in January to work at the center. Rick, Athlete Development Director, has responsibilities that are two-fold. He is the supervisor of programs on the national level for athletes coming up through the pipeline, from youth to juniors and collegiates, bringing in the athletes for training and testing. Also he is trying to "bring a little more action" to the new center in the form of adult camps.

"As far as the US National team goes, we'll probably bring them down around the St.

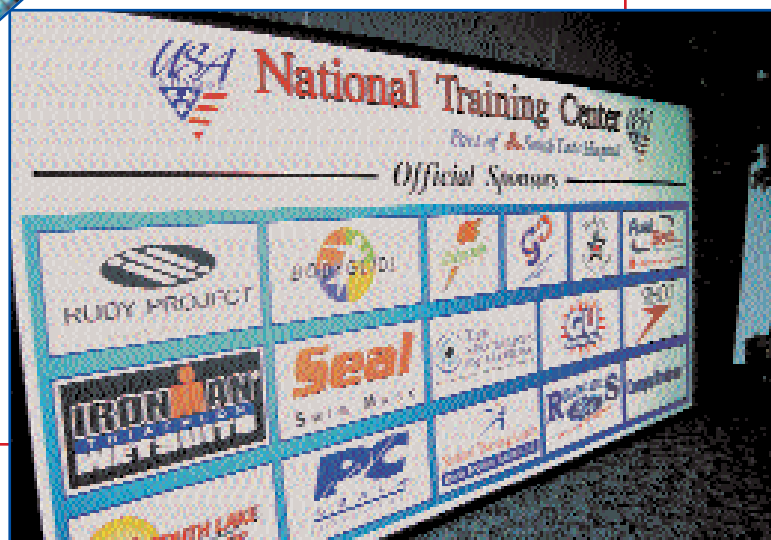
Anthony's race and definitely in preparation for the Cancun World Championships so they can get used to the heat and the time zone as compared to Colorado."

Ground has been broken for the Champions Hotel



Inn and Conference Center next door that will serve as housing for athletes and others from out of town. It should be completed in the fall. The Florida Legislature has approved funding for a 400 meter track there as well, which will also serve the adjacent college campuses.

-story and photos by Kris McFarland



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