

Hickory Triathlon Club News Letter



What's inside?

Club News

Training Tip's

Stuff you can't live without

Nutrition tips

Add to your 'favorites' list

Dear Triathlon Oracle



Letter From the Editor

By Craig Kennedy

Eighteen months ago our fearless leader, Chris Phillips, mentioned to a few people around Hickory that it would be pretty cool to have a local triathlon club that would get like minded people together once a month to talk aboutwelltriathlons, training and of course tell a few war stories. After an amazingly short 18 months, not only is the Hickory Triathlon Club going strong but it has hosted its first very successful event and membership continues to grow. We are fortunate to live in a fairly unique little town, the number of triathletes per capita is pretty high in our area which is one of the reasons why I love living here.

Now that we have a club, a growing membership and a race the next logical step is to have a medium to communicate with our club outside of the regulary scheduled meetings.....a newsletter. In the world of Google it will be difficult to fill the pages with new, unique and earth shattering information to a group who is already well versed in the word of triathlon...but the idea is to keep people updated on local events and happenings as well as share some ideas, articles and websites that just might enhance your triathlon enjoyment a little bit more...who knows maybe even find the missing link to a PR at your next event.

We hope you enjoy our first news letter, find at least one thing you did not know but more importantly it kindles that triathlon fire a bit hotter.....

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Club News:

Total Membership: 48

Fall meeting schedule

August 16 – Hickory Triathlon sponsor recognition night.

September 13 – Functional movement

October 18 – Bike

November 15 – TBD

December 11 – Christmas Party

Or go to www.hickorytriclub.com

Add to your 'favorites' list

This section of the newsletter is to share favorite websites that are multi sport related. If you have a website worthy to share please email it to hickorytriclubnewsletter@gmail.com

www.slowtwitch.com – Triathlete forum with great discussion, info and links. Look for one of our own as a regular contributor.

<http://triathlon.competitor.com> – cool site I found with good articles, links and tri-geek stuff.

www.usatriathlon.com – One of the better sites for event schedules and best site to keep up with the world of triathlon including Olympic and professional articles.

www.ironman.com – All things Ironman...nuf said....

www.trinewbie.com – TON of great articles for all level of triathlete's but really well done for newbies (hence the name). This is the site to go to if you have questions you feel "everyone" already knows and feel silly asking.

Nutrition Tip of the Month.

One of the more mysterious parts of triathlon training and racing is nutrition because it is different for every athlete, every distance and every weather condition. Even the most experienced athletes struggle with proper nutrition. The intent in our newsletter is not to write a unique column for each publication but rather pass on some articles from experts in the field focused on specific topics. This month's topic is hydration and electrolyte replacement. It has been particularly hot and humid in the Hickory area this year and I would guess that everyone has been challenged on how to stay hydrated.

Links:

Dehydration basics:

<http://www.webmd.com/a-to-z-guides/dehydration-adults>

Hydration tips:

http://triathlon.competitor.com/2010/04/nutrition/proper-hydration-and-nutrition-for-long-bike-rides_8842

<http://www.articlesbase.com/fitness-articles/hydration-tips-for-triathletes-1420505.html>

<http://www.facebook.com/topic.php?uid=134405613732&topic=11648>

Key takeaways:

- Drink 24oz per hour of cycling
- Drink 16-27 oz per hour of running
- A loss of 1-2% of body weight is dehydrated.
- Formula for water consumption = body weight/2 + 14 oz per 60 min workout.

Remember, hydration and nutrition are part of training. Everyone has an opinion but you must find what works best for you and practice it BEFORE race day.

Stuff you can't live without

Half the fun of being a triathlete is looking at all the cool new stuff that comes out seemingly on a daily basis. This is an opportunity to show some of these items....some may even be useful.

GU Energy Gel - Jet Blackberry - GU

Energy Gels are specifically formulated to energize your body during exercise and now they have a tasty new flavor with 2X Caffeine, Jet Blackberry. GU Energy Gels contains maltodextrin, the best complex carbohydrate for delivering energy to working muscles. GU also contains the optimal balance of carbohydrates for the body during exercise: 80% complex/20% simple. It is this balance of maltodextrin and fructose in GU that delivers a quick rise in blood sugar and maintains that glucose level for up to 45 minutes during exercise.



Mission Skincare - High-Performance Anti-Friction Cream

Details: The concentrated, paraben-free, vitamin-enriched formula lasts and lasts, so you can push yourself as far as you think you can go, and then some. It won't stain clothing, so you can even use it for everyday clothing-to-skin irritation. Mission Skincare athletes and scientists engineer high-performance skincare products designed specifically for athletes. \$9.99



Trek Speed Concept



Trek will offer the Speed Concept in three unique platforms in 2010, for a total of 12 models in all. As the pinnacle of triathlon performance, Speed Concept 9 Series models are manufactured in the USA from

Trek's proprietary OCLV2 Carbon and are completely customizable through Trek's custom bike program, Project One
7 series - \$2899 - \$3799
9 series - get to know your banker

Zensah Performance Apparel Shin Splint/Calf Compression Sleeve

The Zensah Calf/Shin Compression Sleeve is a first of its kind which provides performance and comfort. The dual action sleeve is designed with direct input from athletic trainers to the pros. The most effective sleeve to treat shin splint and calf pulls. \$19.99 Besides it will give you the opportunity to look like one of our own who can be seen sporting a pair running down



127.

nuun active hydration

As the heat increased, the product continued to do what it was supposed to. I think it is a good way to obtain needed electrolytes during endurance activity. I still enjoy the taste and "feeling" of nuun and believe it is a good addition to my nutrition, supplementation and electrolyte replacement equation. This is not a new product but with the theme of hydration thought I would include it in. I use the stuff and love it.



Garmin Forerunner 310XT

Triathletes in particular will love this watch — it's certainly the best triathlon timekeeper we've yet tested. Not only does it sync up with your [ANT+ power meter](#) to display watts as you roll along on the bike, but the auto-multisport mode also lets you switch from one sport to the next by hitting the lap button, and it times your transitions to boot. And this wrist mounted wonder isn't some aquaphobic wussy either: The new waterproof body can stand up to steady dunking, you can also take it swimming, kayaking, surfing and rowing without fear of turning it into a brick.



Many of these products can be purchased at:

FLEET FEET
Sports

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SO YOU HAD A BAD RACE.

Everyone has had a bad race (or been sidelined due to a crash). If you have not then you just have not done enough races...

After a particularly bad outing last year a friend of mine sent me a quote that now hangs in my office. It reminds me that the determination to try is so much better than to never try for fear of failure. I thought I would share it with you, if you have had a bad race and feeling a bit down about it; hope this makes you feel better. If you have never had a bad race.....well hold on to it.....

"It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat."

Teddy Roosevelt

DEAR TRIATHLON ORACLE

Dear Triathlon Oracle,

I just did my first triathlon and had a great time, but now that I have proven to myself I can finish a race I really want to go faster.....what should I do?

Sincerely,
Ready to go fast

Dear Ready to Go Fast,

Welcome to the real world of Triathlon, the desire to go faster and faster. My suggestion to you is to immediately go purchase Joel Friel's Triathlete's training bible.

<http://www.google.com/products/catalog?hl=en&q=joe+friel+triathlon+training+bible&cid=19479139491>

69022709&ei=ULVaTOLKNpbcyAWczcHaBA&sa=ti&ved=OCaQ8wIwADgA#p

This is the triathlete's Holy Grail for information on how to go fast and train smartly. If you feel you need a bit more discipline in your training a personal coach maybe the way to go. There are many to choose from online. A local option may be Studio 7 Multisport.

Welcome to the ongoing quest for speed.

Dear Triathlon Oracle,

I am a veteran triathlete who has completed distances from sprint to Ironman. Although, I love the attention from friends and family at the finish line my real goal is to avoid the same such attention from the life guards and kayakers during the swim.

Sincerely,

Thank God for Wetsuits

Dear Thank God for Wetsuits,

A few years ago I took my little oracle to a rather large swim meet. We attended not only the meet but also hung out during the practice time between prelims and finals. We both commented on the number of athletes swimming drills. The point is you race like you practice. Putting in miles of laps with bad form prepares you perfectly for a race of bad form and disappointing times. Two easy options, 1st get a lesson on proper form and 2nd practice correct form....if it feels funny, then you are probably doing it right. Incorporate a little drill work into your swim workouts....after all if Olympians still need it.....you most likely do also.

Dear Triathlon Oracle,

I have so many questions when it comes to triathlon and I just do not know who to turn to. Where can I submit a question and get reasonably good advice?

Sincerely,

Questions galore

Dear Questions galore,

Boy are you in luck, not only are you part of a triathlon club that has many knowledgeable triathletes but you can also email your question to the following address and the Oracle will either answer or find someone who is qualified to answer your question.

Hickorytriclubnewsletter@gmail.com

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Special Thanks to our race sponsors. If you have not stopped by to thank them please do so.....

Click on the logo for the sponsor's website.



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Upcoming Races

Local:

Finish Strong Races:

<http://www.fseries.com/index.php?action=calendar>

Set up Races:

<http://www.setupevents.com/index.cfm?fuseaction=events>

Local running races:

<http://www.fleetfeethickory.com/upcoming-races>

Ironman:

<http://ironman.com/events/ironman#axzzOvm7s3IRO>

70.3:

<http://ironman.com/events/ironman70.3#axzzOvm8IOeox>

Race spotlight:

We will highlight one of our favorite races in each issue if you are looking for a race to put on your next year's calendar. This issue's featured event is St Anthony's Triathlon in St. Pete Florida.

Date: May 1, 2011

Registration open: December 1, 2010

Total athletes: 4000

Distance: 1500 M swim

40K Bike

10K Run

28 years running, next year athletes will be competing for \$65,000 in prize money. I have done this race 3 times and it is one of my favorite races. This race draws many of the pros from all over the world who start in the first wave; you race on the same course on the same day as some of the greatest triathletes in the world. The course is fast, run course is very nice running through one of the nicest island communities in St. Pete. I highly recommend for anyone looking for a great race in a very nice location.

Sign up early, this race fills up very fast.

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