

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

"A lot of people run a race to see who's the fastest. I run to see who has the most guts." Steve Prefontaine

In This Newsletter

- [Happy New Year!](#)
- [SLB Group Rides and Runs](#)
 - [January 11](#)
- [Races](#)
 - [Prospect Park Track Club](#)
 - [New York Road Runners Races](#)
 - [Taconic Road Runners Races](#)
 - [New York Triathlon Club Races](#)
 - [Eagleman / Blackwater](#)
 - [Tupper Lake](#)
 - [IM USA Lake Placid](#)
- [Race News](#)
- [Tip of The Week](#)
- [Training News](#)
- [Clinics](#)
 - [5BBC](#)
 - [Larry & Jeff's Bicycles Plus](#)
- [USA Triathlon – membership fees go up](#)
- [Aqua Sphere – Free Shipping](#)
- [Swim Stroke Video Tape Analysis](#)
- [Miscellaneous – Athlete Public Service Announcements](#)
 - [Apartment to Share](#)
 - [Bike for Sale](#)
 - [Aerobars for Sale](#)

Happy New Year!

Our wish for 2003 is many miles of fun! 2002 was a stressful year for most New Yorkers. Let's hope that 2003 is a better one in that area. We wish you all a successful year. Here's to great rides, runs and swims. And many enjoyable and successful races!

We'll be taking on the Ironman challenge this year. We've signed up for IM USA at Lake Placid and are doing Eagleman and Tupper Lake to prepare.

We'll be swimming at Asphalt Green all Winter and Spring. We're planning an Open Water Training Clinic in the late spring. Details will be announced as soon as they are finalized.

We'll be riding up to Nyack, the Orchard and Bear Mountain. Feel free to join us on our weekend long rides, the details and dates are listed below.

We'll be running mostly in Central Park – can't beat that six mile loop of rolling hills! But, most of the runs will be on the Bridle Path to be kind to our legs. Again, feel free to join us on our weekend long runs, the details are listed below.

December 13, 2003

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Page 1 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

Our training will start with building a good aerobic base – lots of miles with little attention to pace. We'll be doing lots of hills too. And an occasional race to add faster runs during the Winter. Although the distance work is not speed oriented, there will be faster and harder miles included. Remember, LSD does NOT stand for Long Slow Distance! It stands for Long Steady Distance.

[\(Back to Top\)](#)

SLB Group Rides and Runs

You are welcome to join us on our weekend rides and runs. These are unofficial workouts, just a group of athletes getting together to do longer rides and runs. All levels of fitness are welcome, I'm pretty out of shape myself, so you'll not be the slowest in the group. The cost for riding or running with us is: have fun, buddy up with someone and watch-out for each other, help each other out and have FUN. Did I mention the surcharge? HAVE FUN!

I'll be offering assistance with flats and basic bike maintenance and care as usual. But, you should always ride with 2 spare tubes, a frame pump (or CO2 cartridges), tire levers, basic bike tool, water & electrolyte replacement fluid, food - energy bars, gel packets or a bagel, identification, medical ID, cash and a credit card. I'll provide route maps and directions, stories and a few jokes!

We wait about 5 to 10 minutes for those that have difficulty getting up on the weekends.

In order to avoid confusion and potential problems, please use the following policy concerning group rides and runs:

Group Runs

Ice and Snow – If the roads are covered with either **ice or snow**, the group run will be cancelled.

Temperature – When the temperature or the Wind Chill is **below 0°**, the group run will be cancelled.

Weather Warnings – Any **weather advisory** or **storm warning** will cancel the group run.

Group Rides

Ice and Snow –

If it is **snowing or sleeting** or the roads are covered with either **ice or snow**, the group ride will be cancelled.

Temperature – When the temperature or the Wind Chill is **below 35°**, the group ride will be cancelled.

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

Wind – Severe wind conditions will also cancel the group ride. Winds **above 25 mph** or **gusts above 35 mph** will cancel the group ride.

Rain – Heavy rain will cancel the group ride.

Weather Warnings – Any **weather advisory** or **storm warning** will cancel the group ride.

These guidelines are safety precautions. You will need to use your judgment and common sense. If you feel uncomfortable about running or cycling in the weather conditions, don't! And, if you arrive at the meeting location and no one is there – go home and don't ride!

You are better off skipping a run or ride in bad weather and making up the workout on an off day.

Saturday, January 11

SLB Group Ride, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and the Walnut Street Hills. (Route Sheet available via e-mail) 50+ miles.

[\(Back to Top\)](#)

Races

Do you have a favorite race? Send me the details to have it included in the SLB Newsletter.

Saturday, February 22

Cherry Tree 10 Mile, Prospect Park, <http://www.pptc.org>

New York Road Runners Race Schedule – 2003

<http://www.nyrr.org>

Event Schedule Key

- S** Scored Race
- Q** 2004 New York City Marathon Qualifying Race
- \$** NYRR Prize Money Race (*info coming soon*)
- +W** Club Points Race for Women
- +M** Club Points Race for Men

All races are co-ed unless otherwise indicated.

January

Sun 12	NYRR Fred Lebow Classic	5M 9:30a	S	Q
Thurs 16	Thursday Night at the Races, Armory Track and Field Center	var. 7:00p		
Sat 18	NYRR Frostbite 10-Mile	10M 9:30a	S	Q
Sun 26	NYRR Gridiron Classic and Longest Football Throw (8:45a)	5K 9:30a	S	Q
Thurs 30	Thursday Night at the Races, Armory Track and Field Center	var. 7:00p		

December 13, 2003

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Page 3 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

Taconic Road Runners Race Schedule – 2003

<http://www.Runner.org>

Freezer 5K February 2	Barbara Brittan	914-747-7431
	Jerry Radlauer	914-584-0039
Freezer 5M February 16	Barbara Brittan	914-747-7431
	Jerry Radlauer	914-584-0039
St. Patrick's Day 10K/2M March 16	Tamlyn Oliver	914-747-6185
	Jack Brennan	914-763-9023
Mudders & Grunters 5M March 30	Steve Quinn	845-628-0648
	Peter Meisler	845-265-9674
Sybil Ludington 50K April 26	Tony Galfano	845-737-6435
	David Farquhar	
Mother's Day 5K May 11	Cathy Groneman	845-225-5064
	Kathleen D'Ottavio	845-243-2963
North County News 5K June 1	Greg Diamond	914-528-2251
	Rich Fleiss	914-962-3358
Putnam County Classic 8M July 4	Barbara Ende	845 737-7852
	Laura Reedy	
Biathlon 5K/.5M August 3		
Teatown Trail Run 5K September 20	Deb Kenney	914-245-9629
	Scott Abercrombie	
X-Country Relays December 6	Peter Meisler	845-265-9674
Couples Relay December 7	Steve Calidonna	914-736-7607

Bold indicates application available!
On-Line entry available at <http://Active.com> for some races too.

New York Triathlon Club Race Schedule – 2003

<http://www.nytc.org>

March 30 - 17th Annual MARCH MADNESS BIATHLON

Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Enter Online](#)

April 27 - 19th Annual BRONX BIATHLON

Orchard Beach, Bronx - Run-3 mi. Bike-18 mi. Run-3 mi

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

May 10 (Saturday) - 15th Annual SPRING COUPLES RELAY

Central Park - Run-2.2 mi. Bike-12 mi. Row-3/4 mi Male/Female Teams

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Reviews](#)

May 18 - 19th Annual QUEENS BIATHLON

Alley Park - Run-3 mi. Bike-18 mi. Run-3 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#)

December 13, 2003

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Page 4 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

Eagleman / Blackwater

<http://www.tricolumbia.org/>

The Blackwater Eagleman Triathlon (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)

Sunday, June 8, 2001 7:30 am (starting time depends on tides)

Tupper Lake

<http://www.tupperlakeinfo.com/tinman.htm>

Tupper Lake Tinman Half Ironman Distance (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)

Tupper Lake Tinman Sprint Distance (½ mile Swim / 20 mile Bike / 10 Km Run)

The Tupper Lake Tinman Triathlon, located in the center of the unique Adirondack Park of upstate New York, marks its 21st year of athletic competition. The 1.2 mile swim, 56 mile bike, and 13.2 mile run make the Tinman course a true test of endurance while taking the competitors through this beautiful region.

Saturday June 28, 2003 8:00 am (Tinman), 8:30 am (Sprint)

Ironman USA Lake Placid

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

Ironman USA Lake Placid (2.4 mile Swim / 112 mile Bike / 26.2 mile Run)

The 2003 Ironman USA Lake Placid triathlon has been closed to general entry, only two weeks after the 2002 event took place in the tiny, upstate village, known internationally for hosting two Winter Olympics (1932 and 1980).

Sunday July 27, 2003 7:00 am

[\(Back to Top\)](#)

Race News

The Mercury Masters have won the Veterans Women's Team Points Championship! The new team of over 50 year old women clinched the points title with outstanding performances by a number of team members and the support of the entire team.

Mercury Masters – 154

Millrose AA – 143

Greater NY – 118

December 13, 2003

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Page 5 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

If you are a woman over 50 and are looking for a group to run with, go to there website: <http://www.MercuryMasters.org> for more information. Although they are now the top over 50 women's team in NYC, they welcome women of all abilities.

[\(Back to Top\)](#)

Tip of the Week

"It's not so much where we are that's important, but in what direction we're moving."

Oliver Wendell Holmes

Winter isn't the time to dwell on your past performances. After a brief rest period – 2 to 3 weeks of an alternate activity or active rest – it's time to lay down the base for the up coming year.

The first thing you should do is choose a key race. This is your "A" race. The race you are pointing all your training towards. This will allow you to design a training plan that will prepare you for the distance you've chosen and get you into peak shape by race day.

Second set your goals, be very specific, but be reasonable. Set a distance and time goal – for example complete your first Ironman (or first triathlon), complete a Half Ironman in under 6 hours. Write your key race down and write down your goals. Put them some place where you'll see them every day. Tell your friends and training partners. Now you've got something to aim for. A target that is clearly defined is much easier to reach than a vague idea. And you've made your goals public.

Then, start building a good solid Aerobic base. By building a solid and big aerobic base you accomplish two things. First, you will have the cardiovascular and pulmonary fitness to reach your goal. Second, you raise your aerobic ceiling. This raises your anaerobic threshold.

You build an aerobic base by increasing your mileage and training within your aerobic zone. Gradually increase your training load – increase the number of days per week you're working out and increase the distance you're covering. But, don't increase both in the same week. Work at the same level, number of days and total distance, for two weeks before increasing your workouts. In addition, gradually increase your long workout. Again, do this every two weeks. Increase the distance by no more than 10% each two weeks.

After four weeks of regular training add one hard workout each week. This should be a hill workout. Avoid races during this period. After four weeks of hill workouts, you can add an occasional race. These races should be at less than maximum effort.

Focus on your daily workouts. It's much too early to be dreaming about your key race and avoid reminiscing about your past races. Enjoy being active and not having any pressure during your workouts.

December 13, 2003

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Page 6 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

[\(Back to Top\)](#)

Training News

Post Workout Nutrition – Chocolate Milk!

From Running Research News, Volume 18, Issue 7, September 2002

Research conducted by Mark Tarnopolsky, among others, has shown that the timing of a high carbohydrate diet can greatly enhance muscle glycogen levels. Eating a high carbohydrate meal within 30 minutes of either endurance or resistance exercise appears to improve total daily muscle glycogen re-synthesis. Additionally, this routine also positively effects protein metabolism.

One to two grams of carbohydrates per kilogram of body weight within 20 to 30 minutes after exercise. In addition you should be consuming 10 to 20 grams of protein. It's suggested that natural foods, not special drinks, be used because we assimilate amino acids better when they come from balanced proteins in real food.

And the ideal post workout food? Chocolate Milk!

Eating carbohydrates immediately after endurance or resistance workouts improves re-synthesis of glycogen. This also improves protein metabolism.

Proteins are made of amino acids. Breaking down branched-chain amino acids is controlled by an enzyme – BCOAD. A protein rich diet increased BCOAD activity. But, the presence of carbohydrates reduces the activity of BCOAD. Thus, proteins are not broken down. Training also reduced the activity of BCOAD. This is a good thing, since muscles are mostly protein, they will be broken down less and able to build with reduced BCOAD activity.

High volume training will deplete muscle glycogen and can lead to a "negative nitrogen balance," because we are losing more protein than we can build. This is especially a problem for women, who tend to have low protein and calories intake.

Mark Tarnopolsky of McMaster University, Hamilton, Ontario performed a study on post exercise diets. Their overall diet was 58% carbohydrates, 16% protein and 26% fat calories. The post exercise beverage (Results from Mead-Johnson, Canada) was 66% carbohydrate, 23% protein and 11% fat calories. The post exercise beverage was taken immediately after exercise, instead of prior to exercise.

The Results were that more fat was used during exercise (a good thing). More importantly, when Results was taken after exercise, Nitrogen Balance was positive (a very good thing – protein stores were increased). Weight loss was also reduced. Most importantly, when Results was taken after exercise, the athletes were able to exercise 47% longer at the end of the test! The only difference was the timing of the intake of Results – before or after exercise.

In addition, eating carbohydrates after exercise increases insulin in the blood. Studies have shown that this results in a positive protein balance. Muscles lost 30% less protein post exercise after eating carbohydrates. Muscles were able to build-up in response to the training. Muscles took up three times the amount of Alanine (a specific amino acid).

December 13, 2003

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Page 7 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

The bonus is that you will have a better training session on the following day! Remember, muscles are most receptive to taking up carbohydrates in the 2 hours immediately following exercise. But, the rate of up-take diminishes after 30 minutes.

Tarnopolsky recommends eating a minimum of 1 gram of carbohydrates per kilogram of weight (2 grams are better) within 20 minutes, and 10 to 20 grams of protein are suggested.

Skim chocolate milk is the best source of the carbohydrates and protein:

Two cups of skim chocolate milk, 1 cup of an electrolyte/energy drink, one banana and a bagel. This will provide:

2 cups of skim chocolate milk

18 Grams Protein

52 Grams Carbohydrates

1 cup of electrolyte/energy drink

15 Grams Carbohydrates

1 banana

28 grams Carbohydrates

1 bagel

38 grams Carbohydrates

Totals:

133 Grams Carbohydrates

18 Grams Protein

Whey protein from milk is rapidly absorbed, while the casein protein from milk is absorbed more slowly.

This post exercise meal is particularly important if you are doing two a day workouts. Normally, it takes 24 hours to absorb carbohydrates. So, it's critical to get that carbohydrate boost.

[\(Back to Top\)](#)

Clinics

Cycle Clinics – Wednesday 6:30 pm – 7:30 pm

These are a series of free clinics for the **Cyclists** and **Triathlete**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Transition – Getting it Right!, Getting Ready for Competition, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops and at local triathlon races.

December 13, 2003

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Page 8 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

There are a series of free clinics for **Cyclists**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right. They are offered free of charge at local bicycle shops.

5BBC:

5BBC – 891 Amsterdam Avenue (103 Street), 212-932-2300 x115

- **January** –
 - **Monday, January 13, 2003, 7:00 pm** - Bicycle Design
 - **Monday, February 10, 2003, 7:00 pm** - Bike FitRefreshments will be served

Larry & Jeff's Bicycles Plus:

Larry & Jeff's Bicycles Plus – 1690 Second Avenue (87 Street), 212-722-2201

- **January** –
 - **Wednesday, January 15, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning
 - **Wednesday, January 22, 6:30pm:** Maintenance & Tire Changing
- **February** –
 - **Wednesday, February 19, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning
 - **Wednesday, February 26, 6:30pm:** Maintenance & Tire Changing

[\(Back to Top\)](#)

USA Triathlon – Membership Fees go up

COLORADO SPRINGS, Colo. (Dec. 9, 2002) – Responding to increasing insurance costs among other issues, the USA Triathlon Board of Directors voted at the last board meeting to raise the costs of USAT annual and one-day memberships.

The cost of an annual membership will go from \$25 to \$30 per year. The cost of a one-day membership will increase from \$7 to \$9. The change will take effect Jan. 1, 2003. The cost of a pro/elite license will go up from \$75 to \$90. USA Triathlon has not changed the cost of an annual membership since 1993, when the price dropped from \$32 to \$25.

Some membership costs will be staying the same. The cost of a silver membership will remain \$100 and the cost of a gold membership stays at \$200. A youth annual membership is still \$15 and a youth one-day is still \$3.

The increased costs reflect a predicted 30-percent rise in USA Triathlon's insurance premiums for 2003. USA Triathlon provides its members with health insurance coverage over and above their

December 13, 2003

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Page 9 of 11

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

own, should they be injured during a USA Triathlon-sanctioned race. Annual members are insured for the year. One-day members are insured for the day.

USA Triathlon also provides liability insurance for events. Event liability insurance protects race directors, venue owners, athletes, sponsors, spectators and volunteers. It is comprehensive and is the principal tool that allows race directors to their events.

The fee increase will also help fund new USA Triathlon initiatives, such as the hiring of a duathlon coordinator to help that discipline prosper. The organization will also be hiring a full-time risk manager to monitor race safety, which can help prevent future insurance and membership cost increases by decreasing the number of accidents and injuries. "I have made no secret of the fact that, as president, I want our federation to become more of a service organization rather than just a governing body," said Ray Plotecia, president of the USA Triathlon Board of Directors. "With continuing growth comes an expanded requirement to provide service. The duathlon coordinator and risk manager were necessary to provide that support."

[\(Back to Top\)](#)

Aqua Sphere Seal Mask & Kaiman Goggles

Interested in a Seal Mask or Kaiman Goggles? You can get free shipping! Go to <http://www.AquaSphereUSA.com> use the code: 28A205 to get free shipping.

[\(Back to Top\)](#)

Swim Stroke Video Tape Analysis

We now offer private and group Swim Stroke Video Tape Analysis. Using an underwater video camera we will tape your stroke and provide an analysis of your technique.

One of the key tools for stroke improvement is Video Tape Analysis. The ability to make stroke corrections depends on a good body awareness – a good kinesthetic sense. It is difficult to break old habits. It is especially difficult when you do not have a good image of your stroke.

Using an underwater video camera and taping your swimming, we can greatly improve your kinesthetic sense, awareness of your stroke, body position, mechanics and stroke.

We do private Stroke Video Tape Analysis. These are 15 minutes, 30 minute or 60 minute sessions of underwater and above water video taping of your swimming. We will tape you from the end of the pool – head on view, and from the side of the pool as you swim – side view.

Contact us for more details.

SLB Coaching & Training Systems

SLB Weekly Newsletter #5 January 6, 2003

[\(Back to Top\)](#)

Miscellaneous – Athlete Public Service Announcements

Apartment to Share:

BEAT MANHATTAN RENTS, SLEEP LATER, GET TO WORK FASTER. Did you know you can get to Midtown from Astoria in just 20 minutes? Peter Burger is looking for a roommate starting in mid February. He lives in a nice two-bedroom apartment in this hip section of Queens. Located just three stops from 59th St./Lexington Ave. on the N/R line. Bedroom furnished with armoire; faces East (sunlight!). Large kitchen and living room. Parquet floors. \$650/month. Contact Peter at peter.burger@ey.com or at 917-517-5748 on the weekend or 212-773-6673 (work) during the week.

Bike for Sale:

57cm Litespeed classic, in mint condition, fully equipped with Shimano Dura Ace STI, Syncros stem and seat post, Cateye computer, Look 396 pedals and the choice of either Dura Ace wheels (very light) with Continental Gran Prix tires or standard clincher rims. Asking Price: \$1,550 with standard wheels, \$1,850 with DA wheels. Contact Allan Bobadilla at 718.398.3020 (h), 347.680.0152 (mobile). alb2011@med.cornell.edu

Aerobars for Sale:

Profile Design AirStryke2000 Aerobars for sale, only used for a few rides, like new condition. Listed at \$89.99 in Performance Bike catalog, offered at \$40.00. Make your riding more efficient! Email Julie Geisler at jsgeisler@aol.com

[\(Back to Top\)](#)