

SLB Coaching & Training Systems

SLB Weekly Newsletter #20 week of September 5, 2003

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Websites

SLB Coaching & Training Systems – <http://www.SLB-Coaching.com>

Asphalt Green Triathlon Training Institute – <http://www.AGTri-Institute.org>

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Quote

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

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Coaching Programs

I have successfully coached many athletes at all levels. My athletes have not only reached their goals, but have won numerous awards and set Personal Bests. And, they have had fun in the process!

Most recently SLB Coaching athletes won their age group at the NYC Triathlon and Staten Island Flat as a Pancake Sprint, and took third in their age group West Point Triathlon. SLB athletes have won age group awards and place high in the over all standings in many races this summer.

I have an extensive educational background in Physical Education, Coaching, Motor Learning and Neurophysiology, as well as many years experience as an athlete and coach. I have been a swim coach since 1965. I am a Serotta certified Advance Bike Fit Professional, I am a USA Triathlon Certified coach. I am sponsored by E-Caps/Hammer Fuels, CompuTrainer, Ironman Wetsuits and Aegis Bicycles. I am Multisport coordinator and coach for the Asphalt Green Triathlon Training Institute. I am Head Coach for the Mercury Masters women's running club.

My coaching programs are all tailored for each individual athlete. My group sessions and clinics also focus on each individual in the group.

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Asphalt Green Triathlon Training Institute

The **Asphalt Green Triathlon Training Institute** (TTI) is a collection of programs that provide educational, training and social resources for the multi-sport athlete. The TTI offers something for every level of athlete from complete novice to nationally competitive, through a wide range of instructional and participatory opportunities.

"The basics of athletic activity cannot be taught. They are part of us all. We just need to discover them for ourselves and develop them to our best ability."

Neil Cook, Asphalt Green's Triathlon Coach

Sign-up now for Fall Tri Coaching Programs. Go to <http://www.AGTri-Institute.org> for more information and to register for the AG TTI Triathlon Club, Tri Coaching Group (starting 9/16) and Tri Stroke Clinic (starting 9/13 and 9/16)

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Asphalt Green TTI Triathlon Club

This club provides athletes interested in improving their triathlon performance a challenging, fun, positive, rigorous training program.

The Asphalt Green Triathlon Club is available to both Asphalt Green members and non-members.

- High energy group workouts will provide the exercise and training needed to increase your level of performance.
- Team races and trips, as well as trip leaders/coordinator
- Message Board and online quarterly newsletter
- Discounts and sponsorship from vendors
- Discounts for Educational Programs from the Sharp Center
- Discounts on sports massages at Asphalt Green

Insightful training tips, creative workouts, and fun team events set the Asphalt Green Triathlon Club apart from other triathlon programs.

Annual Club Membership Fee \$99/\$79 member

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Asphalt Green TTI Tri Coaching Group

This comprehensive Triathlon coaching program is geared to the needs of the individual triathlete, and involves six separate components:

1. Initial interview/assessment and mid-season assessments with the coaching staff
2. Weekly workout plans (delivered through e-mail) tailored to the individual athlete's experience, training goals, season focus
3. Coached weekly group workouts in Central Park consisting of running, cycling, and BRicks, broken into three levels based on experience.
4. Access to the coaching staff to discuss problems, evaluate progress and receive feedback and advice
5. Password-only access to the Coaching Program section of the www.agtri-institute.org website for access to workouts, schedules and resources.
6. Membership in the Asphalt Green Triathlon Club and access to all of its workouts, events and discounts.

Non-members: \$219/month or \$599 for three months / Members: \$179/month or \$499 for three months

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Asphalt Green TTI Tri Stroke Clinic

These clinics are 10 weekly one-hour sessions held in Asphalt Green's Delacorte pool (91st Street and York Avenue). You will receive videotaped stroke analysis at each session. There is 15 minutes of deck drills, 1 hour of pool time, followed by 30-60 minutes of video analysis of your stroke.

The goal of the clinic is to improve your body position in the water (reducing drag), improve your stroke and breathing technique, and increase your level of fitness. This program is designed for triathletes with basic swimming skills through advanced triathletes looking to improve their swim times. Basic requirements are the ability to swim 100 yards without stopping and a desire to improve. We will work on basic fitness, stroke skills and design a training program that will help you meet your goals.

The focus of these clinics is to teach you triathlon specific swimming skills: preparing you for the chaos of a group start event, helping you avoid anxiety and conserve energy, and enabling you to leave the swimming leg of your race fresh and relaxed.

The program is divided into two categories: **Advanced** and **Beginner/Intermediate**

Beginner/Intermediate clinic is on Saturday afternoons. Prerequisite: The ability to swim 100 yards without stopping and a desire to improve. 10 Saturdays -- Starts September 13 -- 2:45-4:45 PM -- \$279/\$239 member

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Advanced clinic is on Monday evenings, and is geared toward the triathlete who is very comfortable in the water, but would like to become faster and continue to develop their skills. 10 Mondays -- Starts September 15 -- 7:45-9:45 PM - \$279/\$239 member

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Asphalt Green TTI Bike Fit Program

On-Site Bike Fitting Service

The Asphalt Green Triathlon Training Institute has partnered with the Signature Service Professional Bike Fitting Program to provide a state-of-the-art Bike Fit facility.

The benefits of a proper bike-fit for a triathlete or cyclist are immense: greater comfort, increased power, reduced fatigue, precise bike handling, reduced stress on hands, neck, back, butt, knees and feet, and generally increased performance on the bike. The AGTTI bike fit program serves the athlete who wants to become more comfortable, powerful and efficient on their own bike, or wants to get the right fitting parameters before buying a new bike.

We take into consideration who you are as an athlete, your competitive level and goals, your medical history, known asymmetries or imbalances, range of motion, as well as the intangibles of your own feedback and experiences. The Bike Fit Technicians are all graduates or instructors from the Serotta Professional Bike Fit Institute and have extensive competition and coaching backgrounds in cycling and multi-sport. Each bike-fitting session is approximately 2 hours.

\$299/\$279 members. By appointment only. Call or email Sharp Center Director, Paul Weiss (212) 369-8890 pweiss@asphaltgreen

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Asphalt Green TTI and SLB Strength Training Programs

Adding a strength training program to your **Triathlon, Running, Cycling** or **Swimming** training can help you progress to the next level. The three components of a successful training program are endurance, strength and speed. Strength building is often misunderstood, miss used or neglected. This program is sport specific and compliments your sport training program. It is geared to build sport specific strength and not to conflict with your sport training.

This program will improve your sports specific strength. It will compliment your primary sport training program. The goals are:

- Build muscular strength
- increase capillary beds
- build mitochondria
- improve Lactate enzyme response.

Sessions are scheduled on an individual basis. They should be at least once per week and no more than three times per week. They will last from 30 to 60 minutes, depending on your experience and frequency of training.

Availability is limited.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Asphalt Green TTI Swim Instruction

This program will improve your swimming technique. It is not designed to build extensive swimming fitness. Additional swimming sessions are required to build fitness and continue stroke technique improvement. The goals are:

- learn swimming technique
- improve swimming technique
- build confidence
- improve efficiency

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Sessions are scheduled on an individual basis. They should be at least once per week and no more than three times per week. They will last from 30 to 60 minutes, depending on your experience and needs.

Cost – \$80 per hour, Availability is limited. For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Asphalt Green TTI and SLB Swim Stroke Video Analysis

A key tool for stroke improvement is underwater Video Tape Analysis. The ability to make stroke corrections depends on a good kinesthetic sense. Using an underwater video camera and taping your swimming, I can greatly improve your kinesthetic sense, awareness of your stroke, body position and, mechanics. These are 15, 30 or 60 minute sessions of underwater and above water video taping of your swimming.

This program will improve your swimming technique. Additional swimming sessions are required to build fitness and effect stroke technique improvement. The goals are:

- identify technique flaws
- improve technique image
- suggest corrections and modifications to stroke technique
- improve efficiency

Sessions are scheduled on an individual basis. They will last from 15 to 30 minutes, depending on your experience and needs.

Cost – \$50 to \$100 per session. Availability is limited.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Asphalt Green TTI and SLB Running Video Analysis

A key tool for improvement of your running is Video Tape Analysis. The ability to make 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 running stride. Using a video camera and taping your running, we can greatly improve your kinesthetic sense, awareness of your body position, mechanics and stride. We do private Running Video Tape Analysis. These are 15 minutes or 30 minute sessions of video taping of your running. We will tape you running at race pace and training pace, up and down hills, head on view, rear view, and side view. Contact us for more details.

This program will improve your running technique. The goals are:

- identify technique flaws
- improve technique image
- suggest corrections and modifications to running stride
- improve efficiency

Sessions are scheduled on an individual basis. They will last from 15 to 30 minutes, depending on your experience and needs.

Cost – \$50 to \$100 per session. Availability is limited.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Sign-up for SLB Coaching Programs, go to <http://www.SLB-Coaching.com> for more details or e-mail Coach@SLB-Coaching.com.

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We offer a wide range of coaching options for adult athletes – runners, cyclists, swimmers and triathletes.

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SLB Road Race & Marathon Training

A training program for runners and marathoners. This program is designed to prepare you for a fall marathon or the summer racing season. You do not need to be preparing for a marathon to join this group. Workouts will be geared towards your personal race goal. The program includes a personalized training program for the 4 month winter season, geared towards your goal race.

The program is designed for your individual goals, be they a fall marathon or the summer racing season. The program is designed to take you from your current fitness and skill level to a level that will allow you to compete your race and reach your goals.

The weekly training plan will include – strength building, speed building, Lactate Threshold, tempo, steady state and race preparation workouts. There will be a series of key workouts each week. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first marathon, the workouts will get you ready to complete your first marathon successfully and enjoyably. If you are an experienced runner, the workouts will help you reach your goals for the season.

Basic requirements are being able to run non-stop for 30 minutes. Beginning, experience and advanced racers are welcome.

Group size is limited.

This program will improve your economy, increase speed, improve VO_2max , raise your Lactate Threshold, improve your vVO_2max , and $tlimVO_2max$, increase fitness, strength, endurance, speed, and improve pacing. The goals are:

- Build cardiovascular and muscular endurance.
- Improve VO_2max .
- Build up base mileage and distance of long workouts.
- Build muscular strength.
- Build muscular strength, increase capillary beds, build mitochondria, and improve Lactate enzyme response.
- Raise Lactate Threshold.
- Improve velocity at VO_2max (vVO_2max).
- Improve time limit at vVO_2max .
- Improve running skill set
- Improve race strategy

Schedule & Cost

Fall Season – September 30 thru December 2, 10 weekly sessions, \$300
Winter Season – December 9 thru February 24, 12 weekly sessions, \$350
Spring Season – March 2 thru May 18, 12 weekly sessions, \$350
Summer Season – May 25 thru August 31, 15 weekly sessions, \$450
Fall Season – September 7 thru November 23, 12 weekly sessions, \$350
Date & Time: Tuesday, 7:00 pm (60 to 90 minute coached workout)
Location: Central Park, Engineer's Gate (90th Street & Fifth Avenue)

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Monthly E-Mail Coaching

A coaching program that provides a monthly workout plan for Runners, Marathoners, Triathletes, Swimmers and Cyclists. The program is on a 3 month basis. Monthly training plans are designed for each athlete based on their current fitness, skill and experience level and their goal races. The monthly training plan is e-mailed to the athlete at the start of each month. Access to the coach for questions, training and workout information is provided via e-mail on a weekly basis.

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The Monthly E-Mail Coaching Program is for Marathoners, Runners, Triathletes, Swimmers and Cyclists. The program includes a personalized training program for each week, geared towards your goals. This program is designed to prepare you for a goal race or just to improve fitness and performance.

The program is designed to take you from your current fitness and skill level to a level that will allow you to reach your goals.

Each monthly training plan will include – base building, strength building, speed building and race preparation. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first race, the workouts will get you ready to complete your first race successfully and enjoyably. If you are an experienced athlete, the workouts will help you reach your goals for the season.

Beginning, experience and advanced athletes are welcome.

This program will improve your economy, increase speed, improve $VO_2\max$, raise your Lactate Threshold, improve your $vVO_2\max$, and $tlimVO_2\max$, increase fitness, strength, endurance, speed, and improve pacing. The goals are:

- Build cardiovascular and muscular endurance.
- Improve $VO_2\max$.
- Build up base mileage and distance of long workouts.
- Build muscular strength.
- Build muscular strength, increase capillary beds, build mitochondria, and improve Lactate enzyme response.
- Raise Lactate Threshold.
- Improve velocity at $VO_2\max$ ($vVO_2\max$).
- Improve time limit at $vVO_2\max$.
- Improve race strategy

Sessions are for 3 month periods – you can sign-up for one or a set number of 3 month sessions.

The cost is \$125 per 3 month period, payable in advance. There are no additional fees.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Weekly E-Mail Coaching

The E-Mail Coaching Program is for Marathoners, Runners, Triathletes, Swimmers and Cyclists. The program includes a personalized training program for each week, geared towards your goals. This program is designed to prepare you for a goal race or just to improve fitness and performance.

The program is designed to take you from your current fitness and skill level to a level that will allow you to reach your goals.

The weekly training sessions will include – base building, strength building, speed building and race preparation. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first race, the workouts will get you ready to complete your first race successfully and enjoyably. If you are an experienced athlete, the workouts will help you reach your goals for the season.

Beginning, experience and advanced athletes are welcome.

This program will improve your economy, increase speed, improve $VO_2\max$, raise your Lactate Threshold, improve your $vVO_2\max$, and $tlimVO_2\max$, increase fitness, strength, endurance, speed, and improve pacing. The goals are:

- Build cardiovascular and muscular endurance.
- Improve $VO_2\max$.
- Build up base mileage and distance of long workouts.

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- Build muscular strength.
- Build muscular strength, increase capillary beds, build mitochondria, and improve Lactate enzyme response.
- Raise Lactate Threshold.
- Improve velocity at $VO_2\max$ ($vVO_2\max$).
- Improve time limit at $vVO_2\max$.
- Improve race strategy

Sessions are monthly – you can sign-up for a set number of months or sign-up on a month-to-month basis.

The cost is \$125 per month, payable in advance. There are no additional fees.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Private Coaching – Individual Coaching Programs

A coaching program that provides weekly workout plans and one coached workout session per week. This program is for Runners, Cyclists, Swimmers, Road Racers, Marathoners and Triathletes. The program is on a Seasonal (4 month) or Monthly basis. This program is designed to prepare you for a goal race or just to improve fitness and performance. The program includes a personalized training program for each week, geared towards your goals and one weekly coached workout.

The program is designed to take you from your current fitness and skill level to a level that will allow you to reach your goals.

The weekly training sessions will include – base building, strength building, speed building and race preparation. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first race, the workouts will get you ready to complete your first race successfully and enjoyably. If you are an experienced athlete, the workouts will help you reach your goals for the season.

Beginning, experience and advanced athletes are welcome.

This program will improve your economy, increase speed, improve $VO_2\max$, raise your Lactate Threshold, improve your $vVO_2\max$, and $tlimVO_2\max$, increase fitness, strength, endurance, speed, and improve pacing. The goals are:

- Build cardiovascular and muscular endurance.
- Improve $VO_2\max$.
- Build up base mileage and distance of long workouts.
- Build muscular strength.
- Build muscular strength, increase capillary beds, build mitochondria, and improve Lactate enzyme response.
- Raise Lactate Threshold.
- Improve velocity at $VO_2\max$ ($vVO_2\max$).
- Improve time limit at $vVO_2\max$.
- Improve race strategy

Sessions are Seasonal or Monthly. The Seasonal program is a four month training plan. It includes a weekly training plan, customized to your goals and one coached training session per week. The Monthly program is a month-to-month training plan. It includes a weekly training plan, customized to your goals and one coached training session per week – you can sign-up for a set number of months or sign-up on a month-to-month basis.

Seasonal program costs \$3,500 for a 4 month season. The Monthly program costs \$1,000 per month. Both are payable in advance. There are no additional fees.

Availability is very limited.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Bike Fit Program

I am a Serotta certified Advanced Bike Fit Professional.

Cyclists and Triathletes will benefit from a customized bike fit. Adjusting your bike fit and riding position will increase comfort and allow you to increase power while riding. These are the two critical factors in successful cycling. You don't need to be a competitive cyclist or triathlete to benefit from a custom bike fit. Recreational riders, as well as bike touring riders will also benefit from being fitted properly.

The goals of the Bike Fit program are to increase comfort and power while cycling. This is accomplished by testing flexibility and body measurements and then adjusting your bicycle and riding position to take optimal advantage of your flexibility and adjusting your bicycle to match your body measurements.

A Basic Bike Fit is a static fit. It is the starting point. Your current bike setup is measured, your current riding position is analyzed and a basic set of measurements is made – including a series of flexibility test. These measurements are then used to adjust your bike setup and your riding position.

An Advance Bike Fit is a dynamic fit. You must have had a Basic Bike Fit previously. The goal of an Advanced Bike Fit is to increase comfort and power output. Power output measurements are made using a CompuTrainer™ prior to adjustments. After adjustments, power output measurements are redone.

One follow-up sessions, one month after the initial Bike Fit is included.

A Basic Bike Fit takes about 1 hour. An Advance Bike Fit will take 1½ to 2 hours. Bike Fits are done by appointment only.

The Basic Bike Fit costs \$150. The Advance Bike Fit costs \$250.

Availability is limited.

For additional information on this or any of our programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or e-mail: Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Clinic Schedule

SLB Coaching & Training Systems offers clinics on various topics of interest to Triathletes, Runners, Cyclists and swimmers. These are a series of free clinics for **Triathletes, Runners, Swimmers** and **Cyclists**.

These are a series of free clinics for the **Cyclists, Runners, Swimmers** and **Triathlete**. They cover Bike Design, Bike Fit and Riding Position, Bike Maintenance and Tire Changing, Winter Training, Cycle Equipment and Clothing, Cycle Skills – Braking, Cornering, Shifting and Hills, Nutrition, Triathlon Swimming, Transitions, USAT Rules, Race Ready Bike, Getting Ready for Competition, Gears, Setting Up Training a Program. They are offered free of charge at local bicycle shops, running shops and at local triathlon races.

Wednesday, September 3, 6:30 pm – Larry & Jeff's: Cycle Maintenance & Tire Changing

Wednesday, September 10, 6:30 pm – Larry & Jeff's: Bike Design and Fit

Wednesday, September 17, 6:30 pm – Larry & Jeff's: Winter Riding

Monday, September 22, 6:30 pm – 5BBC: Winter Riding - Cost (including repair manual: Members \$25, Non-Members \$30)

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Larry & Jeff's Bicycles Plus Clinics

1690 Second Avenue (87th Street), 212-722-2201

Date & Time: Wednesday, 6:30 pm

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

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Cost: Free

Dates:

September 3 – Maintenance & Tire Changing

September 10 – Bike Design & Fit

September 17 – Winter Riding

October 1 – Maintenance & Tire Changing

October 8 – Winter Riding

November 5 – Maintenance & Tire Changing

November 12 – Winter Riding & Indoor Training

For additional information on any of these clinics, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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5BBC Clinics

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

Date & Time: Monday, 6:30 pm

Location: AYH, 891 Amsterdam Avenue (103rd Street), 212-932-2300 x115

Cost: 5BBC members \$25, non-members \$30

Register in advance @ <http://www.5bbc.org>

e-mail: info@5bbc.org

phone: 212-932-BIKE

Date: September 22 – Winter Riding

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SLB Training for Triathlon Clinics

These are a series of clinics for **triathletes**. They cover preparing for a triathlon – your first event and for experienced athletes. We cover designing a training program, phases of training physiology, developing necessary skill sets, race preparation, nutrition and fueling and transitions.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Triathlon Swim Clinics

These are a series of clinics for **triathletes**. They cover using a wetsuit, sighting, avoiding and controlling anxiety in the water and stroke technique (video tape stroke analysis is also available for individuals and groups). They are offered free of charge at local pools.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Cycling Clinics

These are a series of clinics for **cyclists** and **triathletes**. They cover basics of training, pacing, nutrition, setting up a training plan and how to avoid post marathon depression. Video tape stroke analysis is also available for individuals and groups. They are offered free of charge at local cycle and running shops and health clubs.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Running Clinics

These are a series of clinics for **runners**, **marathoners** and **triathletes**. They cover basics of training, pacing, nutrition, setting up a training plan and how to avoid post marathon depression. Video tape stroke analysis is also available for individuals and groups. They are offered free of charge at local running and cycle shops and health clubs.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Long Island Gold Coast Triathlon Clinics

This is a free clinic for **triathletes**. We cover basics of training, pacing, nutrition, setting up a training plan, transitions and Open Water Swimming. It is offered at the packet pick-up for the Long Island Gold Coast Triathlon.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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SLB Bar Beach Open Water Swim Clinic

This is a clinic for **triathletes**. We cover basics of training, pacing, nutrition, setting up a training plan, transitions and Open Water Swimming. Video tape stroke analysis is also available for individuals and groups. It is offered for a fee in the Spring at the site of the Long Island Gold Coast Triathlon.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Coach@SLB-Coaching.com or Neil.L.Cook@mindspring.com

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Mercury Masters

The Mercury Masters is a running club exclusively for women over 50. They welcome runners and walkers of all speeds. They are the 2002 NYRR Club Team Champions and are leading the standings for 2003! Weekly workouts are held on Thursday evenings in Central Park. For more information see their website: <http://www.MercuryMasters.org>

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Races

The following are some of the races that SLB coached athletes are participating in:

Saturday, September 6,

NYRR Marathon Training Run #2

CRCA Cycle Race A, B/C, Women, 40+/50+ Scratch; Club Championship in A, Women, Masters

Sunday, September 7,

Ironman Wisconsin

NYC Century Bike Ride

Lobsterman Olympic Distance Triathlon, Freeport, ME

Diamondman ½ IM Triathlon, Bear, DE

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Tuckahoe Challenge, Tuckahoe, NY 1 mile and 5 miles
Fifth Avenue Mile

Saturday, September 13,

Mighty Hamptons Olympic Distance Triathlon, Sag Harbor, NY
CRCA Cycle A, B, C Scratch Sunday, September 14, NE Olympic Distance Triathlon, Rye, NY
Let Freedom Run 4 mile, Hudson River Park, Pier 84 44 Street, NY
Race for the Cure, NYC
Mercury Masters Coach's Weekend Run, Palisades Park, Ft Lee, NJ

Saturday, September 20,

NE Olympic Distance Triathlon, Bristol, RI
Fitness Mind & Body 1.7 mile and 4 mile runs, CP
Great Cow Harbor 10 Km, Northport, NY
Little Red Lighthouse Swim. 7.8 Miles. Hudson River Park's Pier 62, NYC. More Information. Entry Form.
Seventh Annual Sunfest Open Water Swim. Entry Form. (Sanctioned by Maryland LMSC)

Sunday, September 21,

Westchester Olympic Distance Triathlon, Rye, NY
Westchester Cycle Club Golden Apple Century Bike Ride
NYTC Big Apple Biathlon, CP
Dutchess County Classic full & ½ marathon & 5 Km
Putnam County ½ marathon & 5 Km
Fallen Hero's 5 Km Elizabeth, NJ

Sunday, September 28,

Liberty Waterfront ½ marathon
NE Olympic Distance Triathlon, Nantucket, MA
Putnam Hospital 5 mile
Western Connecticut State University SCY Masters Meet. Entry Form. (Sanctioned by Connecticut LMSC)

Saturday, October 2,

CRCA Cycle All 3-Lap Team Time Trial with teams of four for men and mixed sex (time from third finisher) and three for women (time from second finisher); Team Cup for men and women

Saturday, October 11,

CRCA Cycle A, B, C, Women Scratch; Team Cup in A and Women

Saturday, November 15

CRCA Cycle A, B, C Turkey Race

Saturday, November 23,

Fall Classic Metropolitan LMSC SCM Championships. (SANCTIONED BY METRO LMSC) Entry Form.

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Safety Tip

When getting on and off your bike, it's a good idea to use your brakes. Engage both the front and rear brakes as your mount and dismount your bike. This will keep you from an embarrassing fall!

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Training Tips

Quitting Does Not Equal Quitter.

Driven people, me included, tend to equate "quitting" to being a "quitter". This just is not the case. There are plenty of times when we get slapped in the face with challenges during our training and racing. A lot of those challenges are things we can slog through and overcome. Other challenges are things we need to heed and surrender to.

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An example of a challenge to push through and overcome. A triathlete completes the swim and bike legs, feeling strong and racing well. Less than a mile into the 10k run, her quad and hamstring muscles start cramping. The cramping forces her to shorten her stride so the muscles don't fully lock up, but she can continue on. She slogs through the remainder of the 10k, probably 2-5 minutes slower than if the cramping never happened, but she finishes the race. The only negative lasting effects of pushing through the cramping is some extra sore legs for several days afterwards.

Now, there are plenty of examples of situations where athletes should definitely have "hung it up" and quit a race. Chris Legh, perennial Ironman contender, pushed his body way past its limits - despite it crying out to him to STOP! - during the Hawaii Ironman several years ago. The result? He collapsed before the finish line, was rushed to the hospital and had half of his colon removed. He could have died.

Does anyone not remember the infamous "Julie Moss Crawl" from the early 80s at the Hawaii Ironman or, more recently at the same venue, Paula Newby-Fraser's drunken stumbling about a half-mile from the finish line? She had to sit by the side of the road in excess of 30 minutes before she could get up and walk to the finish. In my years of racing around the world in the pro ranks, I saw plenty of examples of where athletes should have pulled the plug rather than continue on. In many of these situations, the results could have been fatal.

When pride overrides common sense, the end result can be similar to a mountain climber being trapped in the "Death Zone", above 26,000-feet, on Mt. Everest. The pride of a climber to reach the summit dictated that he keep climbing despite the fact that the weather was taking a turn for the worse. An Everest mantra is that it's not necessarily difficult to hit the summit, but getting BACK DOWN to Base Camp is the challenge. This is where lives are lost.

Athletes face similar decisions in endurance events. Some of us reach the point where we are constantly asking ourselves, "Should I continue? Should I continue? Should I drop out?" If these phrases start playing in your mind like a broken record, pay attention! Take a reality check and be brutally honest with how you are doing - physically, mentally, emotionally. When Chris Legh collapsed and ended up having half of his colon removed, I seriously doubt the lights "all of a sudden" went out.

I talked to one triathlete the day after he collapsed at a race and was rushed to the hospital. He said that about half-way through the run, he could tell things were starting to shut down. Then, with about 2k left (of a 10k), his eyesight was reduced to tunnel vision. With about 1k left, he couldn't even feel his body anymore. He doesn't remember the rest. Well, I saw what happened. With about a quarter mile to go, this guy was slamming into the metal barriers, totally punch drunk. He collapsed several times, dragged himself to his feet, tried to pull himself along the barriers toward the finish and collapsed again. Another athlete, who had dropped out for some reason, rushed out there and scooped him up in his arms like a child and carried him to the medical tent.

His desire might be commendable. His stupidity is not. This pro athlete was never the same, though he raced for several more years. Never the same. Be careful out there. Don't let pride put your overall health at risk. Push through some discomfort that you're not accustomed to experiencing - like the cramping example I started this with. But if you make the decision - the CHOICE is always YOURS to make - to ignore screaming red flags being waved by your body, to put pride in front of your health and safety, because you "aren't a quitter", be prepared to face the potentially dire consequences.

Be safe out there, Nate Llerandi

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SLB Discussion Group

SLB athletes have formed a discussion group on Yahoo. We've just setup a Yahoo Discussion Group for all the athletes that have worked with SLB Coaching & Training Systems.

To sign-up, go to: "SLBcoaching" <http://groups.yahoo.com/search?query=slbcoaching>

It's a news group we created as a way for us to communicate with each other. Be it about equipment, diet, training, carpooling to races, or just plain whining about this or that pain. Also if you have events to add to the calendar please let Meg Kiihne know (she'll be editing the site). Your comments and suggestions should also be sent to either Meg or me via e-mail.

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Workouts

Swim – Speed Drills – don't forget to focus on form – (1) front quadrant, (2) streamline, (3) good body roll, (4) horizontal and (5) Powerful Pull.

Warm-up: warm-up 600 yards, alternate kicking 100 yards and pulling 100 yards.

First Set: Transition from Warm-up to Main Set. 16 x 25 (build, accelerate, breakout, easy). This set is drills, focusing on speed and explosiveness. Do the 25s in sets of four: 1) **Build** – increase speed through the 25. 2) **Accelerator** – begin floating in the water at the wall, but not touching the wall with your feet. Scull and kick a little to maintain your position. To start, go into a streamline position and kick hard as if coming off the wall, continue the sprint (swimming) for ½ a lap. Finish the lap at an easy pace. 3) **Breakout** – start with an explosive push-off the wall, break out of the streamline and sprint ½ a lap. Finish the at an easy pace. 4) **Easy** swimming.

Main Set – Sprints: 16 x 75 yards – alternate fast repeat with recovery (easy) repeat (odds are fast, evens are recovery). Leave on the odd laps on 3:15.

Cool-down – 8 x 50 (race pace with little rest) cool-down “cruise” pace.

Total: 3,200 yards or 75 to 90 minutes.

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News

In Memoriam Jeffrey Wortman



From Metropolitan Local Masters Swim Committee:

Jeffrey Wortman, our teammate and friend, suffered and subsequently died from a massive heart attack on Saturday, August 23, while competing in the Great Hudson River Swim. While there were courageous and unrelenting attempts at reviving him, his heartbeat could not be restored.

In the last few years, through hard work and inexorable determination, Jeffrey rapidly and meticulously transitioned his swimming from a means of rehabilitation from a prior heart attack to a mode of successful competition, quickly becoming a known force on the national swimming scene. Just one week before the Hudson River Swim, Jeffrey placed third in 100-meter breaststroke, 4th in 200-meter breaststroke, and 8th in the 50-meter freestyle at the Masters Nationals Long Course Championships in the 55-59 age group category, establishing best times in each of the events with an incredible near-five-second drop in the 200 breast.

An unassuming soul, Jeffrey was selfless and a gentleman. While his swimming achievements drew attention, it was his kindness, generosity and commitment to community that made him an exceptional human being. A 1967 graduate of Dartmouth College, Jeffrey was passionate about saving his alma mater's recently threatened swimming program, a result of college-wide budget reductions. In part by his volunteer efforts, the program was revived.

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Jeffrey was also a committed volunteer at events sponsored by NYC2012, and at swim races sponsored by the Manhattan Island Foundation (MIF). According to MIF's founder, Morty Berger, "Jeff was the selfless volunteer writing your number on your arm, handing out food and transporting your bag from start to finish. He was always courteous, and quietly enjoyed helping swimmers make the most of their experience".

Jeffrey could always be relied on for a ride to masters swimming meets. Even during this summer's blackout, Jeffrey drove a car full of swimmers through the chaotic streets of New York to the Masters Nationals at Rutgers University. When the subways were down and the stoplights were dark, Jeffrey insisted on driving every person to their doorstep and picking them up the next day.

Jeffrey would probably turn red from reading this. He would much rather discuss, one on one, perhaps over a beer, about how to get people on his team and in New York City more involved in competitive swimming.

Jeffrey loved swimming and, as an optimist remarked, died doing what he loved. For many, however, Jeffrey, our dear, inspirational friend, was taken away from us way before his time. Chelsea Piers, the swimming community, and the world have lost a good and gentle soul.

He will be sorely missed.

From Morty Berger, Manhattan Island Foundation:

IN MEMORIAM

This past Saturday, during the Great Hudson River Swim, Jeffrey Wortman suffered a massive heartache. Although Jeffrey received immediate medical attention, he was pronounced dead at St. Vincent Hospital. He was 58 years old.

Jeffrey was a member of Chelsea Piers masters' swim team. After suffering his first heart attack a few years ago, he became an avid swimmer. Jeffrey recently assisted his Chelsea Piers team to win the Commissioner's Trophy. Jeffrey personally qualified for USMS Nationals in the 100 and 200 yard breaststroke.

Jeffrey was a very good man and a friend to all of us in the swimming community. Jeffrey was a committed volunteer at events sponsored by NYC2012, and at swim races sponsored by the Manhattan Island Foundation. If you participated in an open water swim race over the past few years, you probably encountered Jeffrey. He was the selfless volunteer writing your number on your arm, handing out food and/or transporting your bag from start to finish. He was always courteous, and quietly enjoyed helping swimmers make the most of their experience.

Several friends made heroic efforts to revive Jeffrey. Bonnie and Marcela were the kayakers who stayed with Jeffrey as he veered off course in the swim. When he stopped swimming, they immediately flipped him over and kept his head and shoulders out of the water, signaling for help. Earl Sandvik was the boat captain of "My Jo". Earl, his crew and a Parks Department lifeguard immediately brought Jeffrey on board and administered CPR. Rescue workers on the New York Fire Department boat rapidly provided back-up assistance. We owe special thanks to Great Hudson swimmer, Dr. Peter Shearer, an emergency room physician. After he emerged from his swim, Peter ran to join the team working to revive Jeffrey at Chelsea Piers.

Jeffrey's family will have a private "family only" service in the next few days. They hope to have a memorial service in 3 to 4 weeks, but have made no plans as of yet. Additionally, we will honor Jeffrey at the Little Red Lighthouse swim on September 20, bringing together Jeffrey's family, those who worked to save him, and his fellow swimmers.

If wish to attend the family event, please send your contact information to Jeffrey's brother, Stephen Wortman, at swortman@brooklynfriends.org. If you have some nice stories or recollections of Jeffrey, please pass them along to Stephen as well. Jeffrey's family and close friends would truly enjoy hearing your remembrance.

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USA Triathlon Sanctions – CAT

Angela I. Flannery, USA Triathlon
616 W. Monument St.
Colorado Springs, CO 80905

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Ph. 719-597-9090 x109
Fax 719-597-2121
www.usatriathlon.org
angela@usatriathlon.org

****Please include original document with email****

Race Director Loses Sanctioning Privileges

COLORADO SPRINGS, Colo. (July 28, 2003) -- USA

Triathlon announced Monday that it will not sanction any 2003 events put on by the Connecticut Area Triathletes (CATS), a non-profit corporation run by race director Bill Phillips.

USA Triathlon came to this decision after learning that Phillips was promoting the Summer Tri Series as USA Triathlon-sanctioned, when he had not actually applied for sanctioning. This means that there was no insurance provided for these events and they will not count toward USAT rankings.

Phillips also collected \$7 one-day license fees from race participants; but this money was never turned over to USA Triathlon. One-day license fees are actually \$9.

If you participated in a CATS event this year and paid \$7 for a one-day license, please contact Phillips at (860) 673-2477 or at swike7ct@aol.com <mailto:swike7ct@aol.com> to receive a \$7 refund.

To verify if an event has been sanctioned by USA Triathlon, go to the USAT web site at www.usatriathlon.org <<http://www.usatriathlon.org>> and click on the "calendar" link in the upper right corner. If an event does not appear on our calendar within 30 days of the race date, contact the race director to confirm that they have applied for USAT sanctioning.

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The Bad News

Some have heard, so for the rest of you ...

Good News: I finished the swim in 1:08:38. Considering that I have been in the water 5 times since May (Eagleman, Tupper Lake and three times last week here at Lake Placid) I was very pleased.

Bad News: Obviously, I haven't been training. This bike course is TOUGH. Yes, there's lots of free speed, but there's much more climbing. As I was turning onto RT 86 around Jay, I noticed an ambulance (lights flashing, but no siren) heading the opposite direction, I thought that's got to be tough - first loop of the bike and someone is in trouble. As I headed out to Black Brook - one wonderful little town and aid station - I realized I was having difficulty maintaining speed. My back was getting painful and my right foot was hurting. On the way out of the out and back I loosened my right shoe, that help a bit, but it was still painful.

Then the climbs started in all seriousness, and the rain began again as I headed towards Whiteface. I watched people fall going 4 mph up hill! Blown over by the winds - 25 mph head wind.

I decided if I didn't reach the special needs bags in four hours of starting the bike I was quitting. My mind just couldn't handle the struggle I was in.

I didn't make my cut-off time and took myself out of the race. I took my bike back to the hotel, changed into sneakers and walked back to transition. I was told to go to medical so I could let them know I was dropping out of the race. The head nurse, Julie and I met at registration, saw me and said "I have to talk to you about Julie."

I got very weak, I couldn't focus or breath and needed to hold on to the table in front of me to keep upright. She was in the hospital, she was alright, but crashed on the bike.

The REALLY BAD News: at the aid station heading out to Black Brook she went to take a water bottle, but the volunteer had a grip on it and didn't let go. She then hit a water bottle on the road! Julie described it later as being similar to

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Lance crashing in the tour. It happened so fast she couldn't react and went down in the middle of the road. She tried to get up, volunteer, medical personnel and firemen were all there helping her. The bike support people got her bike up, checked over and even refilled her aero bottle. She got back on the bike but couldn't use her left arm. She decided to go with the medical personnel back to the ambulance. That ambulance I saw heading back on the course was her!

They took her back to medical at transition, got her to a hospital and x-rayed the elbow. Then transported her to a second hospital.

THE VERY BAD NEWS: the first hospital didn't have an operating room. She has a compound dislocated break of her left ulna and there's joint surface involvement. They put a bolt and figure eight wire in Sunday afternoon.

On New Year's Day she broke her ankle and a few weeks later I broke two ribs. This is definitely our quota for broken bones!

Oh, she also had a great swim and passed me on the bike in the first 5 miles. She was having a great race, until

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NYRR Annual Meeting Board of Directors

The NYRR is holding their annual meeting and election of five class two members of the board of directors. I don't know about the you, but I'd like to have more say in the club. So, I'm running for a seat on the NYRR Board of Directors. Not in the usual manner – by getting nominated by the club, but as a write-in vote.

If you want representation by a long time (27 years) New York runner, if you want one of the middle of the pack runners as a voice, if you want someone that isn't part of the existing authority, if you want someone that will listen to you and your concerns and take them to the club, write me in! On your ballot, which is due before September 22 (the date of the Annual Meeting) write-in Neil L. Cook.

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For Sale

Spinergy Xaero 650 wheels.

Used for 2 seasons, excellent condition, with extra spokes. \$399 for the pair or best offer. Julie.Cook@Mindspring.com

Polar S210 Heart Rate Monitor.

New, in the box, never opened! \$150. Tnbeverly@aol.com

ProMotion Wetsuit.

Women's size 12 (fits 5'6" – 5'11", 135 – 145 lbs. Full suit, worn 6 times, new. \$115. jsgeisler@aol.com

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Asphalt Green Triathlon Training Institute



We are excited to announce that **SLB Coaching & Training Systems** is sponsored by **RacerMate CompuTrainer**, **E-Caps/Hammer Fuels**, **Ironman Wetsuits**, **Aegis Bicycles** and **Asphalt Green Triathlon Training Institute**. SLB Coaching & Training Systems athletes can receive a discount on a CompuTrainer and E-Caps/Hammer Fuels. Contact the coach for details. Receive a 15% discount on your first order. Use my name "**Neil L. Cook**" or code: "**28484**" when ordering on-line (<http://www.e-caps.com>) or on the phone (800-336-1977).

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