

SLB Coaching & Training Systems

SLB Weekly Newsletter #9 week of February 3, 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

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SLB Website is up!

The SLB Coaching and Training Systems website is on-line. The site has race schedules, links (races, clubs, gear, nutrition, cycling, running, swimming and triathlon), race reports and stories, training tips, clinic schedules and more. To visit the site click on the URL below, or copy the URL into your browser.

<http://www.slb-coaching.com/>

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Sponsors

E-Caps and Hammer Fuel



RacerMate - CompuTrainer



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We are excited to announce that **SLB Coaching & Training Systems** is now sponsored by **RacerMate CompuTrainer** and **E-Caps/Hammer Fuels**. We'll provide details about how these sponsors can help your training in future Newsletters and on our website.

We are also working with **Asphalt Green** to provide discounts to SLB Coaching & Training Systems Athletes for their upcoming [Triathlon Training Institute](#), to be held in March and April. **SLB Coaching & Training Systems** athletes will received a discount to the training institute. More details about the Training Institute are in this Newsletter.

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Winter & Spring Coaching Programs

Tri Stroke Clinic

A ten week clinic focusing on stroke technique and triathlon swimming fitness at Asphalt Green. This clinic is designed for triathletes that have basic swimming skills (*can swim 100 yards non-stop*). Novice triathletes are welcome too (*as long as you can swim 100 yards non-stop*). Each session will cover stroke drills, individual consultation and correction of your stroke mechanics and fitness drills. Expect to cover between 1,500 and 3,500 yards each session. **We do underwater video taping of your stroke for detailed analysis.** Each session is 60 minutes of pool time and 30 to 60 minutes for video tape review. We will hold two "**open water simulation**" sessions with wetsuits. Space is limited, and the clinic fills up fast, so sign-up early.

Place: Asphalt Green, York Avenue & 91st Street

Spring – (*clinic dates are subject to change*)

1. March 7 Friday 8 pm
2. March 16 Sunday 3 pm
3. March 21 Friday 8 pm
4. March 29 Saturday 3 pm
5. April 4 Friday 8 pm
6. April 11 Friday 8 pm
7. April 19 Saturday 3 pm
8. May 3 Saturday 3 pm
9. May 10 Saturday 3 pm – "Open Water Simulation with Wetsuits"
10. May 17 Saturday 3 pm – "Open Water Simulation with Wetsuits"

Schedule of Future Clinics

Summer Session – May 31 thru August 23

Fall Session – September 13 thru November 15

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

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E-Mail Coaching

A coaching program that provides weekly workout plans for **Runners, Marathoners, Triathletes, Swimmers** and **Cyclists**. The program is on a monthly basis.

A training program for runners and marathoners. This program is designed to prepare you for a goal race or just to improve fitness and performance. 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. 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.

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

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Bike Fit Program

Getting the proper bike fit is critical to riding comfortably and getting the most power from your body. As a Serotta certified Advanced Bike Fit Specialist, I am able to adjust your bike fit and riding position to optimize comfort and power.

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

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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.

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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.

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

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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.

Saturday, February 8

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 East Palisades Avenue. (Route Sheet available via e-mail) 50+ miles.

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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. The Merms completed the year with 174 points 30 points ahead of runner-up Millrose AA, taking first team in seven of the 11 points races!

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.

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Tip of the Week

This week's tip is from Mike Zingaro, a Cat 1 cyclist and coach from West Palm Beach.

<http://www.RideFaster.com>

Mzingaro@AOL.com

Pros & Cons of Group Rides

This entry was brought on by a recent group ride accident that occurred here in West Palm Beach on our local Saturday morning group ride. Today a close friend was injured pretty severely due to bad group ride etiquette by some of the riders in the peleton. I wasn't on the ride, but of

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course immediately heard of the accident. I was on a group ride with some new riders, helping them learn the importance of pace lines, group ride etiquette, and riding with traffic and other hazards we encounter everyday. I am not a car hater, but I do think we as cyclist need to respect the rules and laws of the road. If we ever expect to gain the respect of drivers, then we need to respect the laws of the road as well. For example, the other day I am on a ride with a few friends, and one of them goes blowing through a stop sign, not even a feather of the brakes. Then, 2 minutes later this same guy is cursing a guy whose front end of his oversized SUV is sticking out a few inches into the road. Now granted, I dislike it as much as the next guy when people freak us out by edging into the road, but my point is, we should treat vehicles as we like to be treated as cyclist. Anyways, back to the pros and cons of group rides. First the cons. Safety issues: Too many flaring egos, crazy weekend warriors out to win "Saturday Morning World Championships" putting everyones life at risk to win the final sprint or, have a deaths grip on there teammates wheel who will risk life and limb to squeeze through that hole that isn't there. Don't get me wrong, I am as competitive as the next guy, and hate to lose, but not when the prize is change in pavement and a green county line sign, and the risk is double that of many of the biggest races I have been in. Other hazards such as cars and the lack of respect for those 2 ton hunks of metal by some riders...who seem to think it is o.k. to ride through red lights with 50 people following. Yes, it is the decision of every rider to stop or go, but it is also the responsibility of every rider to remember you are part of a group, and as the "leader" at that time, you could be leading people to serious injury or death when you lead them through a red or even yellow light or stop sign. This is especially important for pointing out objects in the road, part of the road, or no road! Even that reflector that can knock your sweaty hand off your slimy handlebars making you lose control is important to point out to the riders who can't see it coming. These may sound insignificant, but what's the harm in pointing it out? Riding your aero bars in the middle of a group is one of the biggest hazards on group rides. How will someone hit their brakes or swerve quickly on their aero bars? They won't! Aero bars are great for those of you who like them, but use them when you are alone and you're not putting others at risk. Even the small stuff like hanging your helmet from your stem/handlebars when you're cooling down or warming up is dangerous as well. (For one, it's useless. Until it comes flying of your bars after a bump and someone rides over it crashing them...then it's good for something, a hazard.) Sometimes we overlook these so called responsibilities, but it all comes with riding in a group and we should all, always keep these in our mind. Overtraining: Too many times we do group rides when we should be doing easy recovery rides or specific training to make ourselves stronger in our weakest areas. This is the most common problem during the winter months, when your training should be focused on a build/base period...riders don't want to be "shown-up" on the local ride...I guess that goes back to the whole ego theory. All too often the group will dictate your distance, time, and intensity. O.K., O.K. Enough of the cons (although I am sure there are more than that), Lets talk about the pros of group rides, how and when they should be used. I will start by saying some of those cons can be turned into positives. If you are a beginning racer or rider who plans to do many group rides or eventually race, the group can be a great place to get good bike handling skills and get you used to riding with others in that setting. But be sure to start off with a group of your level. It is also of course a great place to meet new riders, and be social. Let's face it, we ride our bikes because we love it, and we love the comradery and friendships we make with some of the greatest people we will ever meet. Even in the winter, if we can find that group of riders who are willing to ride at a nice, steady, comfortable pace, that is great. Not all group rides have to be ego builders to hammer your buddy into the ground or hold on for dear life at the expense of someone else. My suggestion is to use group rides when they can help you, to build speed in early spring, and even fine tune those hard workouts you have done for some

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race preparation. It is great to have others push your limits, and help pass time. I guess to sum all of this up, remember that we do this for fun, especially group rides. When you're out on your next group ride, back off your ego, take into consideration the safety of yourself and others around you. Push your limits (when the time is right) and the limits of others. Respect the laws of the road. When you see a new rider doing something insane...CALMLY suggest a safer alternative or suggestion. I speak mostly to those riders who are the strongest or the most experienced, it is more your responsibility to set a good example. And for those new riders....seek out these experienced riders in your local group. Ask questions, and learn. Many of the things ALL of us will learn will be through trial and error, but if we can limit those errors (especially the ones that cause harm) we will ALL be better riders and people for it! Thanks a bunch for reading. Should you have any questions or comments about this article or any other training, please feel free to write me. Mike Zingaro

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Workout of The Week

Trainer Drills

Put a block of wood under your front wheel to tilt the front of your bike up as if you were on a hill.

Minute on, Minute off Drill

This workout should take 30 to 40 minutes.

This is a good "short" workout for winter days. Do not attempt this workout until you have completed at least 4 weeks of your Base Building Phase. Remember to pedal in circles, don't let the hard effort force you to change your pedal stroke.

Warm-up

5 to 10 minutes easy spinning to raise your heart rate and body temperature.

Main Set

20 minutes:

Remain in the saddle spinning a large gear (53x17). Pedal at 90 rpm for 60 seconds. Your HR will rise to within 5 beats of your LT. It will feel hard.

Then, shift to the small chainring and spin easily for 60 seconds.

Repeat 9 times.

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During the final 3 repeats, your HR should climb to your LT or slightly above for the last few seconds of the interval.

Cool-down

5 to 10 minutes easy spinning to allow your heart rate and body temperature to come down into the recovery range.

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Clinics

Clinics

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, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops, running shops and at local triathlon races.

Urban Athletics:

Urban Athletics – 2 World Financial Center (Winter Garden), 212-267-2247

- **February** –
 - **Monday, February 24, 2003, 6:00 pm - Triathlon Training – Getting it Right**

5BBC:

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

- **February** –
 - **Monday, February 10, 2003, 7:00 pm - Bike Fit**
Refreshments will be served

Larry & Jeff's Bicycles Plus:

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

- **February** –

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- **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**

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Asphalt Green 2003 Triathlon Training Institute

<http://www.AsphaltGreen.org> Click on "Sharp Center" heading

Paul Weiss – 212-369-8890 ext. 150

Swim, bike and run faster! Take advantage of this unique series of workshops, presented by outstanding regional and national coaching and performance enhancement professionals. They will take you step by step through every aspect of preparing for and executing your best Multi-Sport performance. If you want to be a faster triathlete, duathlete, cyclist, runner or open-water swimmer, you can't afford to miss these workshops from the Peter Jay Sharp Center at Asphalt Green.

Bike Fit and the Biomechanics of Aerodynamics, Comfort and Power –

Paul Levine

How to Maximize Your Performance on the Bike Through Fit & Positioning

Saturday, March 1, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Sunday, March 2, All day - Asphalt Green Murphy Center, 555 East 90th Street

Eddie Borysewicz Racing Skills Workshop – Eddie B

Cycling Techniques, Skills & Tactics: a World Class Coach's Perspective

Saturday, March 8, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Sunday, March 9, 10am to 1pm - Central Park, East 90th Street Entrance

Buying Speed on The Bike – Equipment Selection and Use – Michael Weiss

Buy What Works, Avoid What Doesn't, & How to Tell the Difference: Bike Mythology and Making Repairs Like a Pro

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Saturday, March 9, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Performance Nutrition for the Multi-Sport Endurance Athlete – Keri Glassman (M.S., R.D., C.D.N.)

Saturday, March 15, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

The Run Leg: Preparing for & Executing Your Fastest Run Split Ever – Mike Plumb

Training, Technique, Skills, Drills and Racing Strategy

Saturday, March 22, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Sunday, March 23, 10am to 1pm - Central Park, East 90th Street Entrance

Triathlon Training & Racing for the Beginner/Intermediate Triathlete – Neil Cook

Developing a Training Plan that Works and Developing Competition Skills

Sunday, March 30, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Strength Training for the Multi-Sport Endurance Athlete – Harvey Newton

Building Power, Muscular Endurance, Explosiveness and Speed

Saturday, April 5, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Swimming for the Multi-Sport Athlete – Scott Rabalais

Open Water Racing, Turning Your Weakest Link into a Competitive Advantage

Saturday, April 12, 12:30pm to 6pm - Asphalt Green Murphy Center, 555 East 90th Street

OR

Sunday, April 13, 12:30pm to 6pm- Asphalt Green Murphy Center, 555 East 90th Street

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Races

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

New York Road Runners Race Schedule – 2003

<http://www.nyrr.org>

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February

Tues 4	Fleet Empire State Building Run-Up	86 fl	10:30a	S		
Sun 9	Thomson Valentine's Twosome (2M-9:00a, 10K-9:30a)	10K/2M	9:00a	S	Q	
Thurs 13	Thursday Night at the Races, Armory Track and Field Center	var.	7:00p			
Sat 15	NYRR Metropolitan 50-Mile	50M	8:00a	S	Q	
Sat 15	NYRR Kurt Steiner 50K	50K	9:00a	S	Q	
Sat 22	NYRR Snowflake 4-Mile (Men-8:30a, Women-9:30a)	4M	8:30a	S	Q	+M/W
Sat 22	NYRR Club Night, Hilton New York		6:30p			
Thurs 27	Thursday Night at the Races, Armory Track and Field Center	var.	7:00p			

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Prospect Park Track Club Race Schedule – 2003

Saturday, February 22

<http://www.pptc.org>

Cherry Tree 10 Mile, Prospect Park

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Taconic Road Runners Race Schedule – 2003

<http://www.Runner.org>

Freezer 5M February 16

Barbara Brittan 914-747-7431

Jerry Radlauer 914-584-0039

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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](#)

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Armory Track & Field Center Schedule – 2003

Only Open and Masters events are listed here. For a complete schedule please go to the Armory Track & Field Center website:

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

February & March 2003

Thu Feb 6 Millrose Games Clinic 11am-2pm Drew Frazier, 203 363 1084

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Thu Feb 13	NYRRC "Thursday Night at the Races	7-10pm	Ian Brooks (212) 423-2241
Fri Feb 21	MAC Last Chance	6-11pm YOM	MACTRACKNY@aol.com (718) 488-5711
Thu Feb 27	NYRRC "Thursday Night at the Races	7-10pm	Ian Brooks (212) 423-2241
Sat Mar 22	Frontrunners Meet	12-4pm OM	Martin McElhiney (212) 673-5461

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Broadway Ultra Society – B.U.S.

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

Proposed B.U.S. schedule for 2003

Joe Kleinerman 12 Hour	Various	Crocheron Park	TBD
Maria/Bruno Memorial Run	36 miles	Alley Pond Park	TBD
New York Pioneer (3 Day)	100 miles	TBD	August 30, 31, September 1
Cirunick-Innamorato Distance Run	50 Km	TBD	August 31
Ted Corbitt 24 Hour	Various	Juniper Valley Park ?	TBD
Knickerbocker	60 Km	Central Park	November 29

Grand Prix Series – 2003

All events and rules for 2003 have not yet been finalized.

<u>Caumsett Park 50k</u>	50k	3/02/03	Vinruna@aol.com
<u>Sybil Ludington 50k</u>	50k	4/26/03	845.737.6435
<u>Long Island Greenbelt Trail 50k</u>	50k	5/17/03	npalazzo@optonline.net spolansky@aol.com
NY Pioneer 3 Day	100M	8/30-9/1/03	B.U.S. 212.496.3099
Staten Island 6 Hour	6Hour	9/20/03	tbd
<u>6 Hour-60th Birthday Run</u>	6Hour	10/19/03	Vinruna@aol.com
Maria/Bruno Memorial Run	36M	TBD	B.U.S. 212.496.3099
Joe Kleinerman 12 Hour	12Hour	TBD	B.U.S. 212.496.3099

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Manhattan Island Foundation – NYC Swim

<http://www.NYCSwim.com>

2003 Open Water Swim Events

June 14th, 2003 - 28.5 miles	Manhattan Island Marathon Swim
July 20th, 2003 - 2.4 miles	Race for the River
July 20th, 2003 - 0.5 miles	Cove to Cove Swim
August 3rd, 2003 - 1 mile	Park to Park One Miler

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August 23rd, 2003 - 2.8 miles [The Great Hudson River Swim](#)
August 23rd, 2003 - 1.5 k [Riverside Park 1.5 Tri Tune-Up](#)
September 20th, 2003 - 7.8 miles [Little Red Lighthouse Swim](#)

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Key Races

Millrose Games

<http://www.millrosegames.com/> or <http://www.thegarden.com>

Madison Square Garden, Friday, February 7 6pm

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"Thursday Night at the Races" – Armory Track & Field Center

<http://www.armorytrack.com/> or <http://www.nyrr.org>

Thursday, February 13, 2003 7pm – Mile, 400m, 800m, 2-Mile, 8 X 200m relay

Thursday, February 27, 2003 7pm – Mile, 10,000m (10-person relay, 200m legs only- each athlete runs five 200's), 400m, 800m

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Jamba Juice Wildflower

<http://www.TriCalifornia.com>

Long Course – May 3, 2003 8am (1.2 mile Swim / 55 mile Bike / 13 mile Run)

Olympic Distance – May 4, 2003 9am (1.5 Km Swim / 40 Km Bike / 10 Km Run)

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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)

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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)

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

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Ironman USA Lake Placid

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

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

Sunday July 27, 2003 7:00 am

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Miscellaneous – Athlete Public Service Announcements

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

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