

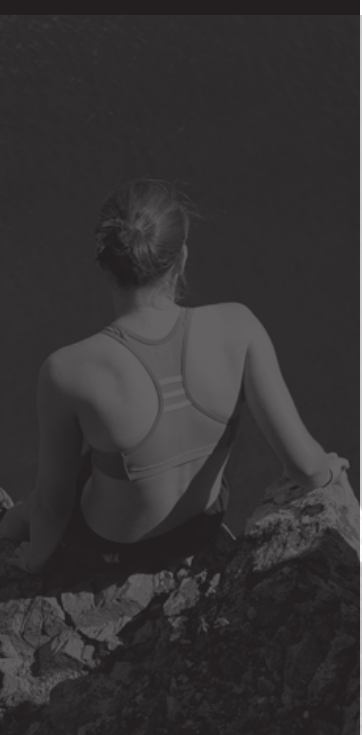


WHEELWORKS MULTISPORT NEWSLETTER

www.w w - m s . c o m

October 5, 2006

VOL. II ISSUE III



I decided to run my first half-Ironman... **LETTER FROM THE EDITOR** As I gaze at him

Who said that?

I would like to extend thanks to Katherine McCanless Ruffin

“boy-yeeeeeee!” for editing the text.

Mud

-JAMIE HUNT

and I

are old

friends

from my

farmhand

days..

...“iceathalon!”

Be dynamic.

...I didn't know a soul. W W M S won the overall club...



...I didn't know a soul.

PAGE 2

PARTING NOTE

When I moved to Boston in December 2002 I didn't know a soul. I had finished my first real triathlon season – one with a goal, a training plan, and a race schedule – and wanted to dive back in for the same exciting experience in 2003. But Boston in the winter presented strange and intimidating obstacles. Where are the pools? Where can you run? Can you bike here without getting killed, because just driving is proving pretty challenging? My inquiry to the Wheelworks Multisport website was returned with a cheery and welcoming email from Meredith Haff, our former membership director. In no time, I was a team member, swimming with Mike Kazarnowicz and others at the Kennedy School pool, riding the scenic roads of Concord and Lincoln in a train of tri bikes, and meeting new friends with similar interests and goals.

Almost four years later, I've been fortunate to have the opportunity to contribute to the Wheelworks team that eased my transition into Boston, and see many other people welcomed into both the sport and the city through our organization. As I step down from serving as a WWMS board member for three years and President for the past two, I feel a deep appreciation to the WWMS organization – old and new members alike – for contributing to the friendship and camaraderie that has made my life in Boston so full and enjoyable.

Many thanks to all of you.

– PJ DESCHENES





Be dynamic.



PAGE 3

Vittoria

OF ACCEPTANCE

Work with what is; instead of persisting against what is not.

OF CHANGE

Accept change as the only constant. Be dynamic.

WWW.OFBALANCE.COM
excerpt from philosophy statement





CLUB CHAMPIONSHIP 2006

“Where the heck will the 2006 New England Club Championship race be held?” I know this question was on many people’s minds this spring as the racing season drew near. Well, at least it was on my mind. The location of the 2006 Club Championship race was FINALLY announced to be the Greenfield Lightlife Triathlon in Greenfield, MA, held on August 6. WWMS captured the NE Club Championship title 2 years ago at Mooseman up in New Hampshire and successfully defended their title at Musselman in Geneva, NY last season. Was a three-peat in store for WWMS?

The Greenfield Lightlife Triathlon kicked off with a 0.63 mile swim in the Green River. Many, me included, were a bit skeptical of a river swim; however it turned out to be quite nice. Up the river, down the river, up the river, and out of the water into transition was the procedure. Not much current to speak of, so you didn’t have to worry about not making it ‘back up river.’

The bike consisted of four loops around the Greenfield area, for a total of 30.4 miles. The most memorable part of the course was definitely the covered bridge followed by the nasty steep, switch-backing hill. The volunteers’ attempt to encourage the racers up the hill was illustrated by the chalking of “WWLD”.

“What Would Lance Do?”

To take my mind off the pain while climbing, I tried to decrypt the mysterious code. At the top of the hill “What Would Lance Do?” was written out on the road. Mystery solved. The remainder of the course was pretty fast with beautiful countryside and rolling hills. Off the bike and onto the run for one last, familiar loop of 7.2 miles. It was like a “Look, kids, Big Ben!” moment when you hit that covered bridge for the fifth time on the run. The WWLD hill was quite painful to run up after cranking up it 4 times on the bike, but once you got over the top, you knew you were home free. Overall, it was a beautiful, fun course and a great race.

WWMS won the overall club title throughout all divisions...

WWMS dominated the field en route to defending their title of New England Club Champs. PJ Deschenes and Kim Webster took the men’s and women’s titles respectively. Marc Saucier and Whitney Brown won their respective age groups to deliver substantial points for the team. Other WWMS members who placed in their respective age groups were Keith Manning, Sherman Roberts AND Josh Roberts (no relation, I think...). WWMS easily came away with the title in Division 3; but more importantly,

WWMS won the overall club title throughout all divisions by edging out Tri-Fury (51.5 to 49). Thanks to all 15 WWMS members who attended the race – we couldn’t have captured the title without all of you out there racing! We all celebrated our accomplishment with Lightlife’s signature meatless dogs and burgers. Until next year!

– KIM WEBSTER



A TALE OF THREE RACES – KIRSTIE FIORA

This was my first season of triathlons and, as with any ‘first,’ there were moments of which I was proud and some that I wish I could stop wincing over. I prepared myself for this season by competing in open water swims last year and (I thought) training well on my gorgeous road bike.

Accustomed to long workouts, I thought the Appleman Sprint would be a breeze. And I did have a ball chasing Cristin Brennan, keeping the bubbles from her kick in sight, and passing many people from the waves ahead of mine. But, as we all know, after the swim comes the bike.

It was on course that I discovered the pitfalls of indoor training. A cycle trainer can simulate hills only so well. It was my endurance that enabled me to finish the bike, more slowly and more painfully than I wanted. Despite being terrified from a car having driven broadside into me while on a training ride two years before, I realized I would have to return to road training to improve my (dismal) bike performance.

Appleman’s run was marginally better for me. I consider it a feat of course design that it was solidly uphill the entire way. Luckily, there was a small portion of uphill trail that was covered in muck. Mud and I are old friends from my farmhand days, so I happily dove in and passed the tentative

My largest error was not recovering properly recovery drink, but no ibuprofen, not even an never race again...until I got PJ’s email plea for am a team player by nature and could not resist International distance. My husband and fellow bike ride with me prior to my registration for the grateful for that ride then and now, especially Greenfield was not so much about racing for a spectacular day, Bill was racing too, and we’d our children. I was free to enjoy my sport and the race for giving me the ability to swim, bike, encouraging volunteers and a level head that you have to”. Greenfield was my second triathlon, contribute points to our high-score total despite

I ended the tri season with a race that played to my swimming strength. The North Shore triathlon featured a 1k ocean swim, a 40k flat bike, and a 10k out-and-back run. No timing chips, a very casual transition area (I racked my bike against a tree) and a barnacle covered water entry lent the race a frontier feel. The swim turnaround point was a rusty hulled ferry in open ocean swinging with the current. Nothing is more primal to me than swimming in the open ocean—I loved easily skimming through the swells.

I fared well on the bike too, averaging just over 17mph. I was passed by only two women, one near the transition. And the run? If you can make it to the half-way point, you can make it back and so I did without ever having to walk.

It was a season of firsts, lessons learned, and progressively better performance. I know to have my coffee before arriving at the race site (that’s right—I did Greenfield without any caffeine in my system), always bring a cap (I was lucky enough to borrow one at North Shore—they aren’t supplied), and pack only one item per race short pocket (I dropped my electrolyte supply while getting my Hammer bar on the Greenfield bike. A volunteer had picked the coin purse up by the time I passed the drop site on the run when I really could have used them.) Keeping all this in mind, I hope that I can do as well next season.

Mud and
I are old
friends
from my
farmhand
days...

from the uphill stress of the day. I quaffed a MSM. Over the following days I swore I would a strong Greenfield turnout to defend our title. I his request, despite my lack of experience at the WWMS team member, Bill, went for a 45 mile race just to show me I could do the distance. I was since it was dull for him to average 14 mph.

me as finishing with the right attitude. It was even stayed in a hotel the night before without challenge myself. I thanked God throughout and run. He repaid me ten-thousand fold with coined the phrase “run when you can, walk when my first International distance and I was able to being one of the final finishers.



PAGE 5

Tri-Hard
SPORTS CONDITIONING SYSTEMS





ODE TO A TRIATHLETE

As I gaze at him
in pure delight.

Oh! The triathlete
he awakes before dawn,
he packs up his car and drives
to the site of the triathlon.

He prepares to swim,
bike and run,
in hopes of finding
a place on top of the podium.

He's trained for weeks
and weeks on end,
through the heat, rain,
cold, snow and wind.

As I gaze at him
in pure delight,
I begin to marvel
at his spirit and his fight.

For he exits the water
and will have to chase,
a long road ahead
to be first in this race.

The triathlete hunts down
the competition ahead,
and with each passing prey
his hunger is fed.

His legs keep on churning,
even though he hit "the wall,"
until the finish line is crossed,
and triumph over all.

-LIZ WAGNER

PAGE 6

SPECIALIZED[®]

While September signals the end of the New England racing season, there is an easy (but not necessarily affordable) way to extend your racing season - all it takes is a ticket to the Southern Hemisphere! Last year, teammates Eric Bielke and I (Meredith Haff) set off on a whirlwind adventure to work, live, study, and race in New Zealand. It is a fabulous vacation destination (even when you punctuate your year of travel with “real” 9-5 work) with a fantastic triathlon community. Despite spending more time “tramping” (aka hiking) than training, I managed to get in a race or two. There are a few lessons learned from competing locally abroad:

1. It is safe to say that triathlons are rather standard events worldwide. At registration the day before the event, the race director gave a typical rambling speech about things most of us don't want to pay attention to (but maybe we should?). Race morning, skinny spandex-clad athletes set up camp in the transition area, and per typical, the event was behind schedule.

2. That being said, not everything is “typical”. The race packet did not include a t-shirt, which well reflects kiwi sensibility and modesty (I mean how many more shirts do I need?). There was similarly no body marking, which, when you come to think of it, in an event with only 200 or so athletes would be a bit unnecessary. I was thankful I wouldn't have to worry about any weird numeric tans for the day.

3. Local weather. Wellington has noted strong winds, so setting up transition had the unique challenge of keeping everything from blowing away - race numbers, shirts, and shoes included. Wellington is so notoriously windy this didn't faze the locals, but you just have to adapt when it is unexpected for you!

4. Laugh. Racing is fun. The locals confused me with pointing to the “boy” (in their kiwi accent) when they were really saying “buoy”. They thought my pronunciation (“boy-yeeeeee!”) was hysterical. Imagine how confused I was to be swimming towards a boy (WHICH boy? They keep swimming away from us...).

5. Think different. My bike computer was set to km, which at times added a bit of confusion. Flying 35 km/hr with the wind was exhilarating, but turning the corner to a wall of wind would halt me to 20 km/hr. A quick glance at my computer made me happy until I realized I was really slogging along at 12 mph. Really, sometimes it is best just to monitor yourself internally! Doing the math or caring about splits was more taxing than living in the moment.

6. Race for you. In New Zealand, wearing promotional clothing or using expensive technical equipment is considered “wanker” - unless, of course, you are a pro. Support your sponsors, but don't be arrogant. Racing is personal - enjoy it! At most local races in NZ, there is no public recognition for the winners - no trophies, awards, nada, zip, nothing. Every participant is equally eligible for fantastic “spot” (aka raffle) prizes. The kiwi attitude is “good on you” for just going out and doing it. Getting to the starting line is the bravest part of the race.

7. Don't confuse politeness with non-competitiveness. Kiwis are much more outwardly polite than Americans - they tend to be a bit more passive aggressive while Americans are just, well, aggressive. The best lesson learned? Kiwis will kick your butt in races, but are always too polite to point it out to you. Believe me, they are racing hard and running you down to the end. But THAT is what makes the sport fun.

I highly recommend getting out the bike box (or heck, grabbing a cardboard one from Wheelworks), packing up, and racing abroad. Local races (as opposed to corporately owned race directing companies such as Ironman) may not be able to qualify you for X or Y race, but can be cheaper (in race entry fees), easier to enter, and provide you with a better look at the local culture. Racing is always an adventure... enjoy it!





Despite rain, wind, and chill (but without snow), the UCD triathlon team trained through the winter to be ready for the first race of the season in February. Slipping on icy pool decks to hop into steaming baths of chlorine and pedaling through puddles and wiping raindrops away from rose-colored glasses, the triathletes saw their training progress. As a veteran WWMS member who would ride as long as the thermometer hovered above 32 degrees and run if it was above ten degrees in Boston, I was happy with the rainy winter weather. Additional training sessions included camping and riding in the Napa foothills, hiking in the Sierra, a Thursday night underwear run, the Urban Iditarod Race in San Francisco, and the first annual UCD Beerathlon. The season proved to be well worth the efforts!

...“iceathlon!”

Each of the Northern California collegiate triathlon teams hosts a race. Stanford and UC Berkeley were the hilliest races, but well-run by the large and well-organized teams. Sacramento State University triathlon team only has eleven members, and their race field was equally as small. There were probably

more recreational riders and runners on the course than racers! The team’s southernmost trip to Cal Polytechnic Institute in San Luis Obispo was by far the coldest and most miserable. After a cold night, the unhappy UCD tri campers climbed out of their tents to be greeted by falling snow. The triathletes swore they saw icebergs floating in the lake. Needless to say, only about a third of the field finished the Olympic distance race and those that did finish deemed it the “iceathlon!” The UC Davis race attracted a lot of the Davis community to come race and watch. This cow town is full of triathlon enthusiasts because the world-renown triathlete Mark Allen used to live there and helped to start the 400-member Davis Aquatic Masters. The University of Nevada, Reno was slated to be the site of CSTV’s collegiate national championships. Not only did triathletes flock to “the biggest

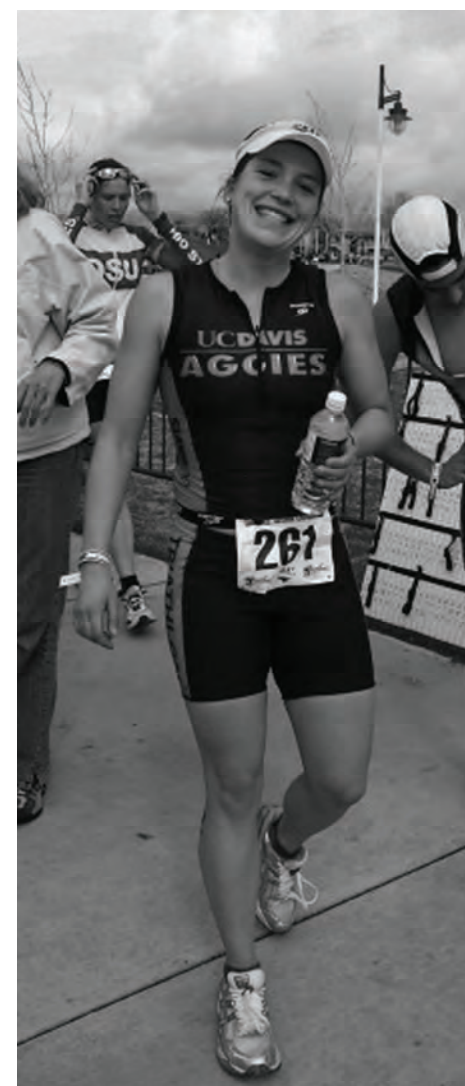
...“normal”...

little city in the world”, but the event also included competitions in snowboarding, wakeboarding, boxing, beach volleyball, and paintball. Teams arrived from places such as Arizona, Florida, Montana, and Massachusetts to compete, meet other athletes, and gamble their life savings away at the many casino resorts of Reno.

After spending a full season with collegiate triathletes, I notice large differences in attitude and image between these athletes and those at “normal” races. The fields are small and compact and everyone comes out in team colors. There are very few mountain or cruiser bikes. There is a great sense of competition between the teams as well as among the

... 4/\$1 avocados at the farm stands...

triathletes. As I finish up grad school in Genetics, I look back on my time at Davis with great fondness for the grape plants I studied, the 4/\$1 avocados at the farm stands, and the UCD triathlon team. But I also feel an excitement to return to the world of USAT racing, where the races are bigger and broader, the people more diverse, and the after-race food spread a lot better!





COMPRESSING 12 WEEKS INTO 6+ HOURS — A NUMBERS GAME

I always question my training plan the most during two critical times of the season: the beginning and the end. Personally, I find it hard to believe in someone else's 'expert' advice on how and when to train. However, I also refuse to wander blindly into a new challenge without having consulted every training resource, guide, and friend who could offer advice. This year, my 3rd year of racing with WWMS, I decided to run my first half-Ironman distance race. Immediately, I knew that I needed a good example training plan to help me organize my training time.

How much did I need to train? Most plans suggested about 10-15 hours per week. Then the specific workouts got a rigorous inspection. First, I had to ask: were they realistic with how and when I train? In the summer, I train outdoors as much as

I decided to run my first half-Ironman...

possible. So if the plan had all 10x100 pool laps, then forget it! My "lengths" were substituted for minutes swum towards the MIT buoy at Upper Mystic Lake, and sometimes beyond that one to the next buoy. How far? Who knows? I just swim to beat my time from week to week. And if the plan included many track workouts, I knew I'd skip them and just head out to run the trails and sidewalks instead. Then, armed with self-awareness, I made many substitutions – in my mind and in my training plan – to adapt the training to fit my summer lifestyle. I think it worked!

Over those 12 weeks, how many hours did I swim, bike, or run? I logged 16 hours swimming, 76 hours biking, and 20 hours running. How many did I do strength training? I logged 22 hours – more than my bike and swim, which shows how much I love it! It also reflects my background in fitness/strength training, and my awareness that lifting helps me avoid mid-season injuries in tri-training and racing. You see, training plans can and should be modified to fit the individual's needs, lifestyle, and goals. So, was my training balanced? No way, but the 11.6 hours/week was appropriate and sufficient for me.

For my big day at Timberman, the numbers came out like this:

(10 hrs/wk of tri-sport training + 1.6 hrs/wk of strength training) * 12 weeks pre-race =
an injury-free summer of training followed by
6 hours, 19 minutes, and 12 seconds of racing for a very satisfying total of 70.3 miles.

And now I've spent days wondering, "Can I do more? Can I do an Ironman?" Another half-Ironman distance is certain, but is there more in me? I just have to wait and see if the numbers will ever fall into place. After all, playing with numbers is a big part of what makes triathlon fun and challenging. Add them up, and see where they fall on race day.

6 hours,
19 minutes,
& 12 seconds

– SUNESSA SCHETTER (SUNNY)





Belmont and Ace
Wheelworks,
Specialized,
PR Running,
Fila,
Mavic,
Tri-Hard,
Zoot,
Vittoria,
Oakley,
and Clif Bar.

PAGE 10



ABOUT WWMS

Wheelworks Multisport (WWMS) is a Boston area based triathlon team with over 100 members, offering athletes a chance to train and race together, as well as participate in our many social events. The team focuses on triathlon (swim, bike and run), but members participate in a wide variety of competitive sports. WWMS won the USAT New England Triathlon Club Championship for the second consecutive year in 2005.

WWMS is comprised of athletes across all levels, from beginner to elite triathletes. Several have received special recognition in the USAT national rankings. We also have members who participate in Iron-distance events, including one Ironman World Championship participant in 2004.

WWMS is sponsored by many top-name sponsors, including Belmont and Ace Wheelworks, Specialized, PR Running, Fila, Mavic, Tri-Hard, Zoot, Vittoria, Oakley, and Clif Bar.

