

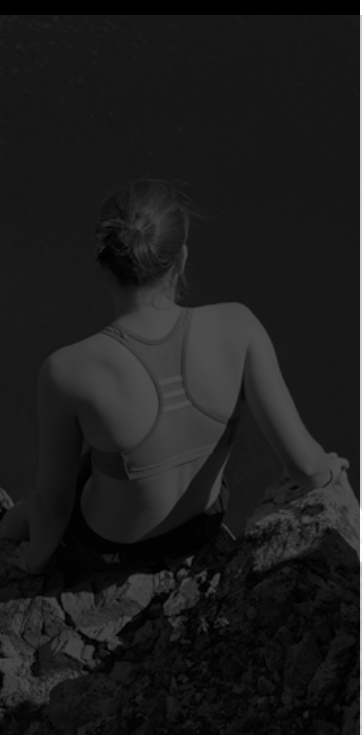


WHEELWORKS MULTISPORT NEWSLETTER

WWW.WW-MS.COM

February 15, 2007

VOL. III ISSUE I



Letter From The Editor

It snowed. Winter has finally arrived and the roads are covered. Time to kick back, sit by the fire (or space heater) and indulge in rest. Relax and enjoy the season's first edition of "3" featuring articles on: mountain running, nutrition, cyclocross, the USA Triathlon Congress, and Mystic Marauders.

I would also like to extend thanks to Katherine McCanless Ruffin for editing the text. -JAMIE HUNT

2006 WWMS Awards

1. Rookie: Keith Manning & Whitney Brown
2. MVP: Kim Webster
3. Most improved: Francis Floyd & Rachael Heron
4. Best Relay: Jamie Hunt & Toby Wells, (Fairlee)
5. Outstanding Volunteer: Frank Duncan
6. Tough Cookie: Nisha Marks
7. Swim: Morgan Welch
8. Bike: Lynay Smith
9. Run: Rod Moreno
10. Training Nut: Sunny Schettler
11. Best Rivals: Toby Wells and Hugh Peck

USAT All American:
 Kim Webster (F30-34)
 PJ Deschenes (M25-29)
 Kevin McGovern (M45-49)
 Marc Saucier (M50-54)

USAT Honorable Mention:
 Pat Ryan (F65-69)
 Steve Amari (M45-49)
 Whitney Brown (F30-34)

Welcome to WWWheelworks Multisport

Welcome to Wheelworks Multisport for 2007! We have over 120 members this year, and I am filled with anticipation and excitement for what will hopefully be an enjoyable, successful, and fulfilling experience with this incredible team. WWMS will offer many training, social, and informational events over the winter and spring to provide you with opportunities to prepare for the season and to meet and build relationships with your teammates.

We will be bringing back our Roundtable Series which will focus on any aspect of multisport that you would like to learn more about from our expert panelists. Therefore, please send me (president@ww-ms.org) your suggestions for future Roundtable topics.

We will also be organizing more training groups (which include all ability levels) to create additional opportunities for you to be able to train with your teammates. Weekly swim workouts will be distributed to the team and weekend rides will remain the basis of our team's camaraderie. However, we cannot build more training groups without your help. If you are interested in leading a training group or have suggestions for a particular type of workout, please contact me. *(Continued p. 10)*



“The familiar, but piercing, pain in my knee stings in anticipation.”

My Dirty Little Secret: Mountain Running

The pearl-sized callus on my big toe throbs. The slipped disk in my lower vertebrae awkwardly settles into place. The familiar, but piercing, pain in my knee stings in anticipation. I’m about to run up a mountain.

I run as fast as my heart will allow me. I strive for speed and agility... and to make the trees blur by me. The more I stumble, the more agile I become. The more it hurts, the faster I run. Mind and body suffer, but it’s a relief to enter this muddy world of pain. It’s a test of control, taming the anxious thoughts that feed on little crumbs of doubt, and splitting the seeds of pain that threaten to grow into a field of anguish. There is just one way to satisfy my craving for success: make it to the summit.

My leg muscles are tight like a bow and release with a twang that thrusts me forward. I stamp my footprint in a bed of saturated pine needles. With this initial step lingering behind me, I confidently attack the first incline. The beginning of my run is refreshingly easy and sparks overindulgent dreams of endurance.

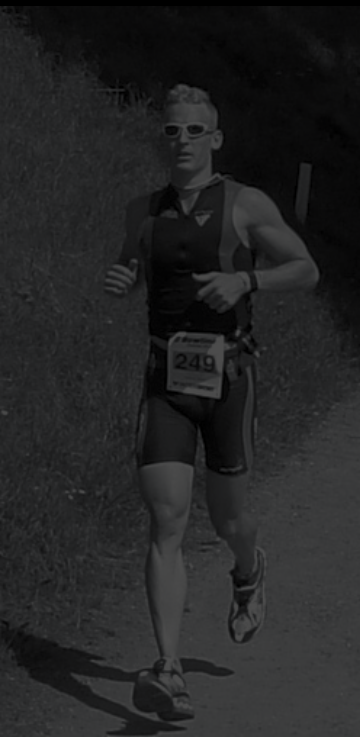
Loose dirt compresses beneath the waffle-patterned soles of my trail shoes, and I charge deeper into the woods. Obstacles abound – fallen trees coated with moss, soiled puddles that reek of rot, jagged rocks that are all too familiar with brittle bones, and low-hanging branches that scratch and tear at soft skin. All are mild threats, but the moment you feel overconfident and question nature’s hierarchy is precisely the instant that your lagging foot clips the fallen birch tree and your hands frantically plunge into the sodden earth.

I reach the crest of the first pitch, and the countdown begins: four more climbs till the peak. The trademark burn settles deeper into my quadriceps, and my lungs develop an insatiable appetite for oxygen. Initially, I concentrate on bodily sensations and external stimuli. As I enter my comfort zone, my mind races with creativity. But lightweight mental exercises are just the beginning of a deeper mental state and resulting solitude. My thoughts gradually drift farther away from my control and begin to scatter...



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FILA





My Dirty Little Secret: Mountain Running (Continued)

Several climbs later, I emerge from my rhythmic and meditative state. Time no longer disappears so effortlessly. The pain is acute, and my thoughts are focused with pinpoint accuracy on the moment at hand. The summit is near.

My pace has slackened to a near death march, and I am just barely closing in on a silhouette in the distance. Despite an unwelcome gait that is the result of too many vertical miles, my footsteps are unobtrusive and my breaths are shallow, leading me to inadvertently startle the man. Regaining his composure, he blurts out, “Well, aren’t you a bit ambitious!” The corners of my mouth perk up a little, and I manage to squeak out a subdued “It’s not as bad as it looks,” without too much disruption to my delicate breathing cycle. My mind seizes on the man’s observation as a fresh source of distraction. Ambitious. Not me I insist. Ambitious endeavors require some degree of uncertainty, and I have no doubt that I will place two feet on the summit of this mountain. But, ambition and confidence also have a symbiotic relationship, and the personality traits that compel me to run up mountains are likely no exception to this rule of coexistence.

The final ascent looms over me, casting an ominous shadow. The day is old, and the shadow is fattening itself as it slowly creeps towards me. I calmly regain my composure and prepare for the inevitable suffering that lies ahead. The anticipation of rest leads me to quicken my pace, as evidenced by the increase in dust and rocks that pollute the air behind me. With a grimace of determination, I take one last glance at my final destination before tilting my head downwards and concentrating solely on the rock strewn path ahead.

I let out an unintentional groan as my left calf muscle cramps into a twisted knot of excruciating pain, causing a couple of hikers to cautiously peer over their packs. I reassure myself that the cramp will unravel itself in due time. Besides, there are two simple rules when running mountains: 1. Make it to the top; and, 2. Never walk. As I approach the pair in my disheveled state, the woman searches my eyes for a trace of sanity before offering a friendly suggestion: “You know you could walk.” I respond with an empathic grunt and a pathetic smile, as my sweat-laden limbs awkwardly brush past them.

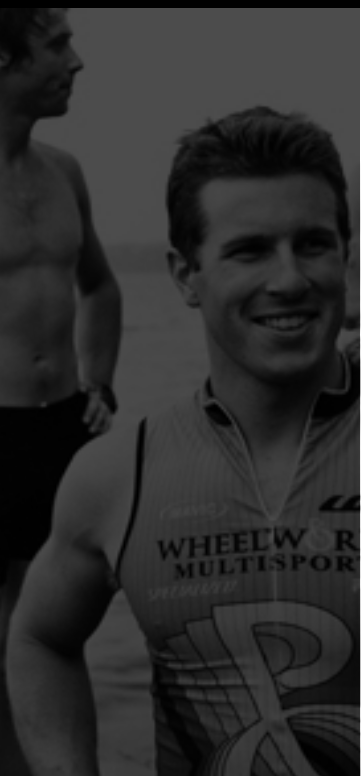
I can sense the peak now. The cool air has a surprisingly deep bite and the wind slips through my baselayers, causing my dry skin to resemble a fine, red sandpaper. Despite the mountain’s efforts to discourage me, I press forward like an uninvited guest. I sense the slope flattening with each step; knowledge that rejuvenates my exhausted muscle fibers and pulls me up the trail.

“There are two simple rules when running mountains..”

My first step on level ground in more than an hour is refreshing, and I regain a certain lightness in my step that inconveniently hibernated for the past hour. My initial instinct is to rest my hands on my hips and drink the fresh air with reckless abandon. But I know the best thing is to keep moving, followed by a few stretches to prevent the limbs from slipping into a tempting state of lethargy. Unconsciously, I ignore the latter recommendation and make my way to the granite ledge. Peering out, I summons the remaining bit of coherence that I have left — purposefully tucked away just for this moment — to absorb the view.

I feel a hand resting on my shoulder and turn to see a young man that I faintly recognize as someone I had passed earlier on the trail. He gestures to shake my hand. It’s a warm embrace despite my chilled extremities. With a grin from ear to ear, the young man shakes his head and laughingly says, “Man, you’re crazy and I love it!” I avoid his eyes and stare at the dirt, scrambling for an explanation to my intense exertion. After a moment of reflection, I concede that mountain running has reinforced a sneaking suspicion that always haunted me: I feel most at peace when my endorphins approach toxic levels and my body is teetering on the edge of self-destruction. I look up and speak the truth: “I love the craziness too!”

-PETER HULT (Adventure Writer)





Be dynamic.



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Vittoria

OF ACCEPTANCE

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

OF CHANGE

Change is the only constant. Be dynamic.

WWW.OFBALANCE.COM

excerpt from philosophy statement



“Do what you love & love what you do!”



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Fueling the Multi-Sport Lifestyle

I attended the 2007 USA Triathlon Congress, “Fueling the Multi-Sport Lifestyle,” held Tuesday, January 9th, through Monday, January 15th, in Colorado Springs, Colorado. I initially signed up for the Club Workshop with hopes of learning a thing or two about organizational leadership and with intentions of bringing back some brilliant ideas to improve WWMS. I received an email one week prior to my departure that informed me the workshop was cancelled due to low enrollment. I decided to attend the Congress anyway and transferred my registration to the Technology Workshop and the Athlete Workshop.

Before I get into the details of the workshops, I want to say that the best part of attending the Congress was the people I met. I had the pleasure of talking to race directors from some of the most popular races in the country (e.g. Escape from Alcatraz), coaches who train elite athletes, athletes who just want to do more of what they love, vendors who are improving the equipment, and USAT staff who are trying to make this sport more enjoyable for all. Since the temperature did not rise above 12 degrees Fahrenheit, we all spent a lot of time inside, talking “tri” the majority of the time. The whole experience reemphasized the fact that triathlon is a great sport with great people who have great attitudes about life, and deep down we truly are TRI-GEEKS!!

The “Training Technology in Triathlon and How to Use It” workshop was an interactive educational clinic for athletes and coaches and was designed to educate and inform attendees about maximizing their time and athletic potential through technological tools. Joe Friel did a presentation on the history of technology in the sport of triathlon and how it has evolved over the years. Training Peaks, an online training and nutritional diary (among other things), demonstrated the functionalities of its software. Computrainer and Garmin also described their latest models and were available for a hands-on demonstration. Basically, the take home point was “train using power.”

The Athlete/Age Group portion of Congress incorporated various sessions on training and racing for the multi-sport athlete. The sessions were designed around the 100 most common questions that USAT members ask about how they can lower their times and take their training and racing to the next level. Presentations by Kevin McKenna on swimming, Joe Friel on cycling and recovery, Andy Potts and Brian Fleishmann on transitions, Monique Ryan on nutrition, Mike Ricci on running, and Peter Haberl on mental preparation, were given over two days. Although some of the information was basic, I did pick up a few bits of knowledge that were new and interesting. *(Continued p. 9)*

TRI-GEEKS





“What’s cyclocross?”

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Cyclocross for Triathletes?

SPECIALIZED[®]

This fall I completed my second season of cyclocross racing. “What’s cyclocross?” you ask. Cyclocross (also referred to as ‘cross or CX) is a form of bike racing that originated in Europe in the early 1900’s as a form of off-season training for road racers. Races are typically thirty (beginner) to sixty (pro category) minutes long and consist of multiple laps around a course (often a park or playground) at a pace that is all-out, hard as one can go, anaerobic. Courses are primarily grass with dirt, mud, single track trails, sand, and a small bit of asphalt thrown in for good measure. Each course has one or more “run-ups”, which are short, steep hills where riders dismount to run up the hill with their bikes slung across their shoulder. Riders also dismount to leap over wooden barriers, typically 12-20 inches high, which are strategically placed on the course to prevent the more talented riders from bunny-hopping them. The sand pit is another fun course feature which can cause weaker riders (like me) to dismount and run with their bikes, only to remount mere yards later and struggle with sandy cleats that don’t want to clip in. Oh, did I mention, we live in New England, so many times these races are held in the rain and sometimes even the snow. Nothing like riding your bike through an enormous pit of thick, slimy, ankle deep mud (that can cause really, really weak riders like me to dismount and slip slide their way through - nothing like trying to clip in with mud caked on your cleats!).

Why should triathletes, notorious for their lack of bike handling skills, consider subjecting themselves to CX? Well, we all know triathletes are gearheads, and with CX you get to buy another bike! Yup, that’s right, a cyclocross bike – something of a cross between a road bike and a mountain bike. It’s also a great way to extend your season – CX racing starts in late September and, in the US, ends in mid-December. Not to mention that you’ll improve your bike handling, power, and lactate threshold for next tri season. So, next fall, consider checking out a CX race in the Boston area and adding one more bike to the stable.

-JENNIFER MUTO

“Add one more bike to the stable.”



Weight Rules

We're all guilty of it...running out to Wheelworks to buy the latest gizmo to cut precious ounces off the weight of our bikes, knowing all the while it will lead to faster bike splits and better overall finishes. However, we often overlook or ignore the impact of bringing our body weight down and the positive and more dramatic effect it can have on our performance. Bringing your body weight down deliberately and safely, while getting all the good nutrients you need as an athlete, is a big step to becoming a faster triathlete. So, before you spend \$500.00 on a new set of aerobars, follow these simple rules of nutrition and watch your weight and race times drop.

“Eat eggs!”

We all know how we should eat...but do we?? Whole foods are best due to the fact that they enter our bodies as they have been grown in nature which preserves all the foods nutritional value. “If you eat what is found in nature you can rest assured of two things. First, you will get everything your body needs and second, you will not get anything your body doesn't need,” state Jason Gootman and Will Kirousis of Tri-Hard Endurance Coaching. They also warn about falling into the latest diet fad. “In reality, the key to good nutrition lies in nature.” (1) Let this be the guideline as you move forward in changing or improving your diet.

The first step is to open your fridge and get rid of all of that processed food and bad fat. Replace bad fat with good fat. Switch from blended oils to olive oil, and cut fries and other fried food off your lunch choices. Snack on plenty of nuts (like almonds), dried or fresh fruit and seeds during the day, after a workout, or in between meals. Your protein choices should include lean meats, chicken, and fish, especially salmon, which provides healthy fat and high quality protein.

Second, eat more fruits and vegetables. Fruits and vegetables are good for you, easy to take with you and fill you up with the healthy vitamins all athletes need to stay fit, full of energy and injury free. Load up on mixed salad greens since they provide more nutrients than romaine or iceberg lettuce. Oranges also pack a punch with their vitamin C. One orange fulfills all of your daily vitamin C needs. It will also help you fight off that cold. Add a mix of vegetables to your evening's dinner. The more colorful the selection on the plate, the more of a balance of healthy antioxidants they will contain. After a long run, I am often not in the mood for a heavy meal so I will make a smoothie from frozen mixed berries, skim milk and some fat free yogurt. It does the trick and helps my recovery by replacing lost nutrients. I will also add a scoop of favorite protein powder for that extra recovery boost after an especially hard workout.

Third, pass on the French bread and choose breads and cereal that are 100% whole grain. The key to this is reading the label on your bread and cereals. Kashi Go Lean or Nature's Path are my favorite choices for breakfast cereal. They are whole grain and have protein which replaces what is lost during sleep. Add some fat free skim milk and you are loaded with carbohydrates and vitamins which will get you through the day's work and workouts.

Fourth, eat eggs! Eggs are full of protein and health Omega-3 vitamins. Most athletes can eat up to 15 eggs per week. They are great in omelets or hard boiled. I try to eat eggs scrambled with mixed vegetables at least twice per week with some whole wheat toast, peanut butter, and a banana.

Most endurance athletes focus much of their diet focus on complex carbohydrates like bagels, cereals and pasta. Most of the carbohydrates your body needs can be found in natural fruits and vegetables. This provides the body enough carbohydrates without “carbo-loading”. At the same time, it teaches the body to get its energy from fat stores which all athletes have plenty of.

Try to cut back on a high carbohydrate diet and replace carbs with more healthy fatty proteins. If you have to have carbs, keep them whole grain. Tossed with vegetables and olive oil, whole grain pasta makes a great dinner. *(Continued p. 9)*

“Pass on the French Bread”





Training Group: Mystic Marauders

Three years ago I had a conversation with Sherman Roberts about how much we both enjoy early morning rides and open-water swimming. We started meeting on Tuesdays and Thursdays to ride to Sandy Beach at Mystic Lake, swim a half-mile to a mile and bike back before the traffic got too heavy. What an excellent way to start the day! Because it was convenient, we chose the Somerville Ace Wheelworks bike shop as our crack-of-dawn meeting place. We spread the word to other Wheelworkers and interested parties, and then we became (drum roll, please) the Mystic Marauders Training Group.

Training in groups is not only fun; it makes you a better triathlete. Decades of research studies show that cyclists and runners generally train faster, and in many ways better, when they train with others. And some of us find that we are much more likely to get out of bed for a workout when we have made a group commitment!

Official team swimming, running, and cycling workouts directed by Sports Coordinators are and should be a key approach to group training, but informal training groups like the MMs can play an important supportive role by creating new workouts, building team spirit, and helping recruit new members.

If you are you interested in starting your own Training Group, here are some common Q&A's about them:

What is a Training Group? Just an enthusiastic bunch of Wheelworkers who do a swim, run, bike, or other workout at a favorite venue on a regular basis. They post their workout plan and schedule on a special page on the WWMS Web Site, and extend an open invitation to other WWMS folks to join in.

How do Training Groups help the Team? WWMS members are known for being open, friendly, and helpful towards each other. Training Groups can enrich and deepen that tradition by helping teammates bond through regular workouts. Plus, they're pure, simple fun!

How do I start a Training Group? 1. Plan at least one regularly scheduled (weekly, monthly, etc.) workout that you can lead and share with the team. Keep your workouts inclusive and open to all; if you need skill level groups later, then add those, but just start with the basic workout. 2. Share training routes/haunts/venues, and harness the many tools of the Internet to do all this efficiently and easily. Try mapmyrun.com, swimmersguide.com, and www.bikemaps.com for ideas on where to train in your area and resources to share (e.g. linked maps, pool info, bike roads) with other WWMS'ers near you. 3. Publicize your Training Group. Once you have the workout plan, a couple of members, and a name, just give that information to our web master by e-mailing web@ww-ms.org. Then all you have to do is make sure that the information is kept up to date and reply to the occasional questions and e-mails from teammates who may join your new Training Group.

That's all there is to it! It only takes two reliable people and a little techno-internet magic to get started; others will quickly join in, I promise. Let's expand the Wheelworks Multisport offerings for Training Groups in 2007. It all starts with you! If you have any additional questions about starting Training Groups, feel free to ask Sunny at sunnyincambridge@yahoo.com.

-SUNNY SCHETTLER

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WHEELWORKS



“How do I start a Training Group?”



Weight Rules (Continued)

Other great foods include dark chocolate, bananas, low-fat plain yogurt, avocados, almonds, black beans, and sweet potatoes. Sweet potatoes are great when sliced into fries, tossed with olive oil, salt, and pepper, and baked. So, on your next trip to the market stock up on these healthy, vitamin packed foods. (2) The key is to balance your diet as best you can with a mix of protein, fat, vegetables, fruits, nuts and carbohydrates.

Last summer, after coming across an article in Runner's World, I decided to put it to the test. (3) My new diet, which is based on the information in this article, combined with my weekly training routine, helped me lose around 15 lbs. I took 2 inches off my waist and saw my body fat decline from 11% to 8%. I noticed a huge difference in my running and cycling, especially when doing hill work and long runs or rides. Just imagine doing your next run with a 15 lb dumbbell tied to your waist. Yes, I still enjoy a sweet now and then, as some of you can attest to, but mostly I keep it healthy and whole.

So, the next time you are contemplating purchasing a new set of aerobars or the latest, lightest bike, be sure to combine your purchase with a high protein, high fruit and vegetable, healthy fat diet. The combination will be a faster, healthier you.

-MICHAEL BISSANTI

Credits

1. Jason Gootman & Will Kirousis, "Nutrition Simplified"
2. Runner's World, "The Best Grocery List of All Time"
3. Be sure to consult your doctor before making changes to your diet.

Fueling the Multi-Sport Lifestyle (Continued)

-Swimming: You have to become more streamlined and reduce drag!

-Cycling: Train with power! Train with power! Train with power!

-Recovery: Crucial for top performance...rest your body!

-Transitions: Andy Potts is hysterical! And, this should be free speed, so practice!

-Nutrition: Eat lots of fruits and vegetables; lean protein; and hydrate!

-Running: To get faster you have to do speed workouts!

-Mental Prep: Visualize, relax, record your feelings in your training log!

USAT is striving to improve triathlon for both clubs and athletes. If you have any suggestions on how they can better serve you as a triathlete, please do not hesitate to contact me, and I will pass along your thoughts. Additionally, you can contact the USAT staff directly through their website (www.usatriathlon.org). Also, if you are interested in any of the presentations that were given at the Congress, I have several of them electronically and others in hard copy, and I would be more than happy to send them to you.

Remember to keep "DOING WHAT YOU LOVE AND LOVING WHAT YOU DO!" -ELIZABETH WAGNER

dark chocolate,
bananas,
low-fat plain
yogurt,
avocados,
almonds,
black beans,
and sweet
potatoes





Welcome to Wheelworks Multisport (Continued)

WWMS will continue to have monthly socials so we can bond with our teammates when we are not wearing spandex! Other events, including the NE Multisport Expo, Tri-Night, and Training Weekend, are on the calendar again, and of course, what would we do without the races?!

The NE area hosts a multitude of exciting races, and I look forward to seeing the team in action at our team focus races, at other great races, and especially at the NE Club Championship, where we look to 4-PEAT!

I am truly thrilled to serve as your president in 2007. If you have any questions, comments, suggestions and/or brilliant ideas, please do not hesitate to contact me.

Wishing you all the best in 2007. -ELIZABETH WAGNER

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

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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.

