

# Infinite Multisport Triathlon Club NEWSLETTER

August 2007

Volume II, Issue 3

## Racers Everywhere

Heaps of racers getting it done over the past month. Since there is a Monday email covering each weekend of racing (thank you Paul) we'll just topline 'em here to let all you jocks bask again in the sun:

### Grand Haven

- ½ Iron – Bryan Sieber
- Olympic - Nicole Piersante
- Olympic – Michael Rice

### Anchor Bay Tri

- Jon Haines
- Patrick Chandler

### Interlochen Tri

- Tim Ericson
- 14 year old Stephen Ericson

### Munich Tri

- Andy Fuchs

### Kensington Tri

- Kevin Merritt
- Sandy Leonard
- Jon Haines
- Andy Fuchs
- Donovan Stec
- Paul Leonard

### Women's Only Tri / Sylvania, OH

- Sandy Leonard
- Joellen Haines
- Tracy Ryckaert

### Black Bear Century / Grayling-Oscoda

- Brian Frost
- Matt Hotts
- Patrick Chandler

### Steelhead Half IM

- Brian Sieber
- Sue Lint-Pirtle
- Kellie Kource
- Nicole Piersante
- Michael Rice
- Stan Krasovic
- Kelly Stimson

### Mark Mellon Tri / Gaylord

- Andy Fuchs

### Triple Bypass Bike Tour / Colorado

- Kris Armstrong

### Craig Greenfield Tri and Du

- Paul Leonard
- Ken Sanko
- Kevin Thomas

Impressive indeed!

## Craig Greenfield Duathlon

*Kevin Thomas*

My first multisport competition

I completed my first multisport event at the Craig Greenfield, performing in the DU. As in all competitions the adrenaline was high in the beginning with the typical anxiety of performing in an event that you have never done before.

The first run went pretty well, avoided the urge to take off way to fast and had a good run. Transition to the bike went pretty well for a first timer, except for the whole getting on the bike and getting going UP HILL!!! Having a few failed attempts to get the left foot clipped in, had to stop take a deep breath and tell myself that "I have done this a hundred times before"...then I was off and going...whew!!!! The ride was good, a few sprinkles here and there. T2 went smooth, on with the running shoes and off on the course...overall it was a great first experience (1:42:30) in the multisport world and look forward to many more events in the future.

## Colorado Triple Bypass

*By Kris Armstrong*

The Colorado Triple Bypass is a 120 mile bike tour from Evergreen to Avon Colorado which covers three mountain passes. The first is Juniper pass at 11,140 feet, the second is Loveland Pass at 11,990 feet (Continental Divide) and the third is Vail Pass at 10,560 feet.

Before the tour started on Saturday, we joined a group of Wolverines for a training ride up Mt. Evans. At 14,270 feet, it's the highest paved

road in the United States. We decided to try to make it to Summit Lake at 12,000 feet since that would be the highest we would have to climb for the tour. We climbed for 2 hours to the lake and felt little affects of the altitude. The views were magnificent and made it easy to continue on.

About a mile from the top we noticed a storm coming in and were reminded that our Wolverine friend Ben had to turn back last year because of a storm. We were too close to stop now. We continued on and made the summit after 3.5 hours. Ben's Mother was about to return down the mountain to warn everyone of the storm when she saw us and turned around. This was very important because she had our jackets. It was 45 degrees at the summit and would be very cold on the way down. The freezing rain started shortly after we arrived. With jackets on we left and carefully descended. At first it was wet and slippery but soon we were on dry pavement again and started to enjoy the speed we could travel, as fast as you dare. We reached the bottom in about 1 hour. A burger and beer awaits you at the Tommyknocker Brewery and Pub in Idaho Springs after an epic climb and descent like this.

The morning of the tour was cool and sunny and as soon as we started riding we were climbing the first mountain. A fairly easy grade but a continuous climb through the forest. Breaks in the trees gave beautiful views of the mountains, some with traces of snow. At the top was the first of five rest stops with plenty of refreshments and friendly faces. After a quick refueling we started our first descent of the day. For the first time I had a glimpse of how a pro feels freewheeling down a mountain at 45-50mph jockeying for position in ever turn, what a rush. Alternating between your front and rear brakes keep them cool and working properly. You don't want your brakes to fade here. At the bottom was Mother, Ben's Mom was an angel, we got more food and dropped off unwanted clothing. It was great having a support vehicle.

Much of the tour follows the I-70 frontage road with views of the Colorado River and you're surrounded by countless mountains, canyons and old mining towns. The second rest stop was in Georgetown and the third at the base of Loveland Pass, the big climb of the day. The climb took us 35 minutes, but our friend Ryan who lives in Grand Junction, did it in 15 minutes and was waiting patiently at the top for us. After a few pictures with the Continental Divide sign

we were off again on another fast descent. The next rest stop was in Frisco. The route left the road and followed a bike path, which was nice to get a break from vehicular traffic. The only sounds were of bicycle tires and water rushing by. This took us up our final climb and for me the most difficult, thanks Mike for your wheel. We made it up Vail Pass and again Ryan was waiting at our last rest stop. From here it's mostly down hill with a lot of freewheeling. Big party in Avon with plenty of food and drinks.

Its been called the most difficult one day bike tour in the country and I believe it. If you like a climbing challenge and also like to go fast on switchbacks without guardrails, this is the tour for you. If your interested, go to [www.teamevergreen.org](http://www.teamevergreen.org) and check it out. It sells out every year so plan early. We stayed in Lakewood at the Hotel 6 on Wadsworth near highway 6. Very inexpensive and close to the tour start and also Idaho Spring for the Mt. Evans ride.

## European Perspective

*Andy Fuchs*

Well, it's not a story about a race, but as I did the race in Germany last July a lot of thoughts were running through my head.

So here is a list of differences between the triathlon competitions in Germany and in Michigan:

1. Number of participants: Usually a normal event has 400 - 500 participants. In bigger cities there are 2-3000 racers (e.g. Munich Triathlon)
2. Costs: Starting at a Sprint is cheaper [15-25€] than starting at an Olympic distance [25-45€]
3. Organizer: Only the biggest events are organized by professional companies. Most clubs have their own event, organized by members, friends, family and volunteers. Sometimes the event takes place when the little city / village has a parish fair or the annual public festival.
4. Licenses: In order to start at an Olympic you have to have a DTU license (Deutsche Triathlon Union). The annual license cost is 30€, but you can get a 10€ daily license, too. Sometimes the sprint distance is divided into a Sprint and a public section --> everybody with an annual license has to start in the Sprint section

5. Kids Triathlon: A lot of events have one or more distances for kids; starting age is 5 or 6 years. This is a lot of fun seeing the children doing e.g. 100m swim, 2km bike and 600m run!
6. Body marking: The only marking is the bib-no.
7. Bike check-in: A competition judge checks every helmet (complying with the ISO-standard) and both brakes on your bike before you can enter the T-area!
8. Starting times: They will always start punctually. A delay in the starting schedule is extremely seldom; that must be typically German ;-)
9. Swim: In some regions without adequate lakes you will swim in an outdoor pool (length 50m) with lap counting (often 10). This needs a lot of waves and sometimes it's hard to improve your position because you have two-way traffic in your pool lane!
10. Bike: Some competition judges are on the streets on the back of a motorcycle watching the race. Drafting is prohibited; if you do it they will give you an admonishment or a 10 sec stop suspension! Bib-no. has to be on your back.
11. Run: It's prohibited to run without a shirt --> Disqualification if not! Bib-no. has to be on your front.

12. Post race food: Usually fruit, cakes and bread (sometimes pizza; I never had hot dogs or hamburgers in Germany ;-). Standard beverages are water and iso (for isotonic --> no product placement ;-). Sometimes you'll get juice or alcohol free beer! After a cold weather race they could have hot tea, too.

13. Award ceremony: Sometimes there is a raffle, too. Often, the award hand-over is done by an original inhabitant; mostly the mayor!

As you can see it's very interesting for me to have the experience of doing races in the U.S.

## Race Clothing

By the time you're read this, some of you will have already wore your new kit to Meijers- gotta show it off somewhere!

## Club Meeting

C'mon out to the Club meeting on Wednesday, September 19 at Hatchys, 7:30 pm. Downtown Utica. 3d floor.

## From the Editor

Articles always welcome!

Let me know if I missed your race result, if you have an article to submit, or any suggestion to keep the newsletter useful to all:  
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