



# Infinite Multisport News

HOLIDAY 2009

## INFINITE HAPPENINGS IN THE NEW YEAR...

- **January Meeting:** January 20 @ 7:30 pm  
Rochester Mills Brewery
- **Snowshoe Weekend:** January 22-24  
Traverse City
- **February Meeting:** February 17 @ 7:30 pm  
Rochester Mills Brewery
- **Pub Crawl:** February 27, 2009 Royal Oak

\*TBD\* **NYE Run on Belle Isle** (watch the emails!) \* **January** going away hurrah for Gerald Von Rappard who is moving back to Germany :( \* **February** dog run. FOR MORE INFORMATION CONTACT THE INFINITE SOCIAL DIRECTORS!!!!



## VICE PRESIDENT'S CORNER...

As we all spend more times with our family during the holidays, spending less time training (and getting much needed rest) it's a great opportunity to sit back and look at the accomplishments that everyone has made. I joined IMTC in the summer of 2006, worried that I wasn't good enough to be in a club, but what a difference it has made. Since I joined the club, I continue to train and get faster and go longer distances. I was never a runner, biker, or swimmer, in fact I did one sprint triathlon because I was overweight and out of shape. I ran around the block a few times in a week and decided that I needed a goal to continue to exercise. I signed up for my first sprint, trained on my own, and loved it. Now I sit back and see how IMTC continues to grow, with growing pains I may add, and see all the support that everyone gives each other. This is why I truly love this club. All of our veteran members jump in to give advice to those just starting, and those just starting give the veterans more ambition to try harder. We are a unique club as we rely on our members for ideas, host training, be part of committees, and just have fun doing what we like to do. I encourage everyone in the club to participate in as many things as possible that we have, and at the same time give feedback, even if it is bad, so we can continue to have fun and enjoyment.

As the holidays are ending, look forward to the upcoming year. Decide what is best for you and your family for training and race schedules. Get it jotted down and focus on balance. One of the best things that I have had for balance is my daughter, Helena. She participated in the kids' tri at our annual picnic this year and loved it. She sees me training sometimes (I try to train when she is asleep) and now she wants to ride her bike and run around the block all the time. She told me that she is going to "Win the Ironman" and wants to race with me. With all the video games and toys available, she would rather be outside playing and that is because we are all setting good examples for people, not just children but people of all ages that we know. I bet there is someone that you know that started to do something that they always wanted to do because you have set a good example for them.

Keep up the hard work and hope to see everyone out there during a training or race this season. Thank you for all of your support!



*Thanks for your support,  
Kevin Merritt*

## THE TURKEYS ARE TROTTING... BY JAY ZAMMIT

My alarm went off at 5:00 AM; it was pitch black, and a cold, rainy Northern Michigan morning. All I wanted was to stay bundled up under my blanket and continue sleeping. Running any distance, even a short 5K was not something I was in the mood for. Nonetheless, I yanked my self out of bed, splashed water in my face and put on running gear. I then made my way downstairs to wake up my daughter. Deep down, I was hoping she would say those words "Let's skip the run". You see, I was vulnerable and just looking for an excuse. However, it was not to be. My daughter loves tradition; and a little rain was not going to stop her. This was the second year of what we established last year as our new father-daughter Thanksgiving tradition. Last year we ran the Detroit Turkey Trot and to break tradition after

only one year was unthinkable.

When we arrived at the race and walked into the registration area, the first person I saw was fellow Infinite Multisport member, Stan Krasovic. Stan along with his wife Grainne, daughter, son and dog were all running the Traverse City Trot.

Despite the rain, it was a great race. Running with my daughter is such a joy. She attends the University of Michigan and with her work load doesn't have much time to run. Her goal was simple, finish the entire 3.1 miles without stopping. She did it!!!! We finished in just over 30 minutes. I was so proud of her.

It was a wonderful Thanksgiving. My son, his wife and granddaughter also came up to the cottage where we had tons of food

and enjoyed each others company. To top off the

weekend, and make it even better, Stan and Grainne Krasovic spent Saturday evening with my wife Paula and I. They arrived at our cottage at 5:00 pm. We enjoyed a glass of wine and conversation around the fire-place and then drove into Bellaire for dinner at Lulu's Bistro. We then walked down the street to a local Brewery called Shorts and had a couple of beers.

Can't wait for next Thanksgiving and I am glad the tradition lives!

-Jay Zammit



*"Deep down, I was hoping she would say those words "Let's skip the run".*

*-Jay Zammit*

*(hoping to seek refuge in his daughter on Turkey Trot morning in Traverse City).*





## FLORIANO TAKES THE ICEMAN COMETH....OR THE BANDITO WORLD CHAMPIONSHIP

BY: CHRIS FLORIANO

A dear friend once told me, "Smile Chris, you were born to be an outlaw." I proved this statement true at the Iceman Cometh mountain bike race a few weeks ago. I had heard about the race from several people and it was nothing but amazing reviews. I knew that I had to take part in this renowned race...by any means necessary. Anyone who has ridden the Iceman knows that trying to enter the race two weeks before is ludicrous if not completely impossible. The race fills up within days and registration transfers must be completed a month before race day. Problems with the website this year resulted in double the number of participants, this year that number would be around 4,100. The 27-mile race starts in Kalkaska and ends in Traverse City. That is unless you park 3 miles away from the finish line, then it's 30 miles. The course consists of old fire roads (which are basically grassy/sandy two tracks), twisty single track and a seemingly endless supply of climbs.

After several failed attempts to "borrow" a registered racers entry, I decided to take matters into my own hands. Through word of mouth and secretive phone calls, I was connected with a group of radical bandits, a motley crew lead by a middle school gym teacher by the name of Brad. (Names may be changed to protect the identity of individuals). Brad, along with two of his fellow roughnecks, rides the Iceman course every year under the guise of a different race all together,

"The Bandito World Championship." As Brad explained to me, "It's a public course that we just so happen to be riding on the same day as the Iceman." Seemed simple enough to me.

Waves of racers begin taking off at 9 am and are staggered throughout the morning until 2:30 when the pros take off. After meeting in the parking lot around 10:30, we attached our homemade number plates, laminated paper bandit faces fashioned by Brad and his young daughter, complete with the red face-covering bandana. Each racer in the BWC is allowed to select their own race number. I figured this would be the only race where I am allowed to pick my own number, so I was 36DD. Very fitting. We then mounted our steel (or carbon fiber) horses and rode a few yards to where we had seen racers cruising by. We entered the racecourse about a 1/4 mile past the start gate. I felt a little guilty when we passed our first group of spectators and they were cheering wildly and banging cowbells. That feeling quickly diminished as we fell into line and got into the meat of the course. The weather was a sunny 62 degrees with absolutely perfect conditions. I soon decided that I had overdressed, but that was definitely not going to ruin my ride. We took intermittent breaks to sip on PBR's and wait for my friend who was still recovering from walking pneumonia. Once his sickness was disclosed he was christened with the nickname of Swine Flu.

The course was by far my favorite race of the year. Not only because I love mountain biking, but also because the weather, conditions and company were all perfect. I expected a little hostility from fellow racers, but got none. The climbs were challenging but only one forced me off my bike, and it was a doozy. When I mentioned the climbs to my compadres they laughed and said, "They don't get bad until after mile 15." I later came to the conclusion that they weren't any bigger or steeper, my legs were just weaker. The great thing about this race is when you feel like you're in the middle of the woods with no one around; you suddenly come upon a huge stretch of people cheering wildly like it's the Tour de France.

Once our posse neared the finish line, we ducked out of the chute and rode thru the campground to the BWC awards ceremony. After congratulating each other on a great ride it was time to nominate the race winner. The

winner was decided by a count of three and everyone pointing to the person they thought to be most deserving. The winner was my friend, Swine Flu. He exhibited courage and strength in the face of adversity, along with a great sense of humor. His award consisted of a giant clock on a metal chain with a picture of Christopher Walken requesting more cowbell, and a 40 oz of King Cobra malt liquor in lieu of champagne. Yes, one lucky bandit rode the entire 27-mile race with these in a backpack, and next year my friend must do the same. He was also informed that he MUST wear the clock/trophy for an entire day at work and have footage to prove it.

I will say it again; this was my favorite race of the year and fully plan on racing again in 2010. The only requirements to race are a good attitude, decent mountain biking skills and a love of PBR.



## MEMBER SPOTLIGHT: LORI MCCOLL

**Born in:** Glencoe, Ontario

**Now live in:** Troy, MI

**Age:** 29 (for the 3rd time)

**Favorite discipline:** Tie - Bike & Swim

**Favorite post-race food:** I really enjoy a guilt free Burger and a cold beer after a race.

**Last book I read:** Shadow of the Wind by Carlos Ruiz Zafron

**Favorite movie:** Few Good Men

**Favorite thing to do:** I love traveling, shopping and exercising.

**What most people don't know about me:** I actually grew up on a farm outside of a small town in southwest Ontario. There were no stop lights, no fast food joints and no high rise buildings. I still get excited when I am driving or walking around big cities.

**Something my parents taught me that stuck:** I remember my mother always telling me not to let anything stand in the way of my dreams. She also told me to make sure I always had on clean underwear, but I think that is the mantra of many mothers. Together, my parents showed me that with hard work and a positive attitude you can achieve and overcome anything. My father built his own successful business with a high school diploma and my mother is a breast cancer survivor.

**Interesting personal story:** I actually left Canada at the age of 19 to play college volleyball at Ohio University. After playing four years, I was a co-captain and part of a team that recorded the best season and worst seasons to date. After graduating from OU, I obtained my MBA from BGSU then moved to Detroit for work. Now, I live in Troy with my finance Joerg who is from Frankfurt Germany. I have been learning German for the past couple years which I tend to practice after a couple glasses of wine.

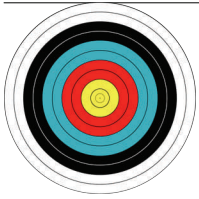
**Memorable event/experience:** Joerg and I share a love of traveling which has taken us through the US, Europe and South America. One of our most memorable experiences was our ten day excursion to Peru which included a five day hike of the Inca Trail. It poured rain for the first two days of the hike which included the highest summit of the trail so there was a large celebration on the third day when we saw the sun coming up over the mountains. It was a challenging hike but one of the best adventures we have had to date.

**Why I like the club:** I joined IMTC in July 2009 after training for years on my own. Since joining, I have met so many inspiring people who love to celebrate everything from an Ironman finish to a first time sprint finish.



*"I have been learning German for the past couple years which I tend to practice after a couple glasses of wine."*

*-Lori McColl*



## ON TARGET WITH TRACY: GET THE MOST OF YOUR HAMSTRING STRETCH.



The most frequently used hamstring stretches consist of either placing your foot in an elevated position and leaning forward or just performing a forward bend. While these stretches provide some lengthening of the hamstring they put more stress on the low back, which could easily result in stress to the lumbar spine or sciatic nerve.

If you ask a runner's tight hamstring to lengthen in these positions, and it is unable to, the body will find an alternate path to get into the position you are asking of it. Usually this path results in excessive lumbar flexion.

The hamstrings cross the knee and the hip. Straightening the knee will assist in lengthening but increasing the amount of hip flexion will intensify the stretch. The challenge is getting true hip flexion vs lumbar flexion. A tilt has to occur at the pelvis to accomplish this stretch. A golf club or broom can be helpful in cuing a neutral position of the spine while bending forward at the hip. You begin with a squat, then bring your torso horizontal to the floor. Begin straightening your knees while keeping your torso horizontal to the floor. The club needs to maintain contact with the back of your head and low back. Once this movement pattern becomes efficient, progress into a dynamic stretch by performing an anterior reach 10 times. Remember that our body only learns the lessons we teach it, so if you are going to ask you hamstring to lengthen rapidly while running, then your exercises and stretches need to talk to the hamstring in the same fashion.

*-Tracy Ryckaert*



*"The most frequently used hamstring stretches consist of either placing your foot in an elevated position and leaning forward or just performing a forward bend."*

*- Tracy Ryckaert*

## CHANGING TECHNIQUE. BY KELLIE KOURCE

Last newsletter I focused on working on your weak sport during the winter maintenance period of the year. This newsletter we look at technique. As triathletes, we tend to be on top of the newest gadgets, the best equipment, and gear. However, one element of training that we tend to overlook is technique. Working on technique helps our efficiency and wasting as little energy as possible. The newest lightest carbon fiber tri bike may not make us faster if we don't work on riding that nice bike as efficiently as possible. The best wetsuit may not help us get faster in the water if we still can not properly catch and pull. And the snazzy "promotes proper running technique" Newton shoes may not help us run faster if we still do not have the proper running technique to utilize the shoe as it is designed.

So, what can we do as athletes to develop our technique and become more efficient? DRILLS!! Drills are not always fun, and most of us will not do drills during our racing season in place of getting in our workouts to get to race day. So the winter maintenance period is the best time of year to work on technique.

In the water, balance drills and weak side breathing drills are great for someone who has trouble breathing to both sides

or if you know your balance is off. Single arm drills are great to even out the power you create with both arms. There are many drills to work on technique out there for swimming. Improving your swim technique is the single best way to get faster in the water.

On the bike, the trainer is actually a great way to work on technique. You can work on cadence drills to find your sweet spot, leg drills to reduce lag in your pedal stroke, and you can also work on your power without having to drive around looking for good hills. The trainer is a great way to get a very specific training ride in without worrying about weather, and terrain.

The run is probably the most neglected of the three in terms of efficiency and technique. Many know bike drills and swim

drills but rarely stop to take a look at their technique on the run. While it is not wise to drastically change your run technique over night, there are running clinics to help with form, there are cadence checks to make sure you are not overstriding and reaching too far in front of you, and many more.

So before you start to load on the mileage on the swim, bike, and run, take a step back and assess your technique. Could shave some time off and use less energy just by working on your technique?

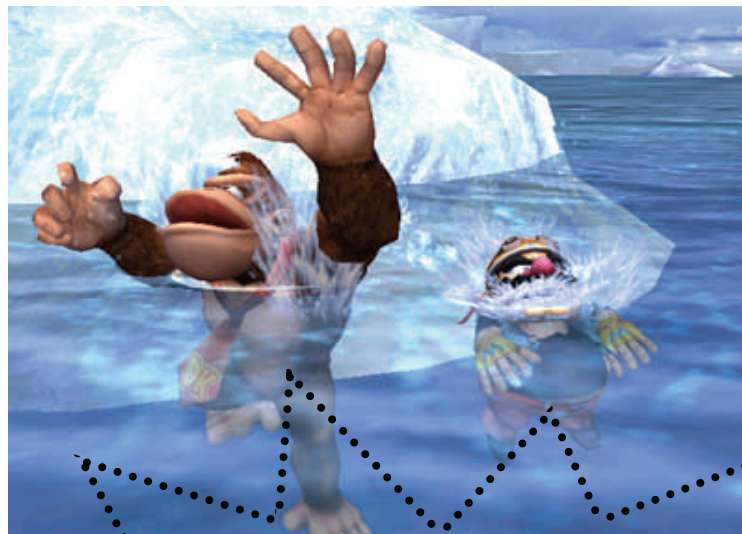
Questions? Comments?

[coachkell@gmail.com](mailto:coachkell@gmail.com)



*"The run is probably the most neglected of the three in terms of efficiency and technique."*

*-Coach Kellie*



**Attention all GEAR HEADS.... Starting with our Spring newsletter, we will include an "INFINITE RECOMMENDS" section. Send your GEAR recommendations to Courtney @ [cdr@maddinhauser.com](mailto:cdr@maddinhauser.com)**

## ROSIE'S INFINITE TREATS BY KRIS ARMSTRONG

As long as I have known Rose, she has loved to cook. Her family and friends have enjoyed her passion for making unique deserts for many years. Most holidays will find her in the kitchen making something to take to a special gathering. Rose's response to any invitation is "What can I bring?"

In 2008 Rose entered the Achatz Pies contest and was runner up with her "Grandma's Pineapple Pie".

For many years Rose has been encouraged to start a business because of how special her treats are and also because of how much she enjoys making them. She decided to make her Toffee and Spiced Nuts available for sale this holiday season. So if you would like something special for your holiday gathering or need a gift for someone special, Rose would love to help. Her treats are made with all natural ingredients, real butter, premium chocolate, walnuts and almonds. Both Toffee and Spiced Nuts are sold in 1/2 pound (\$5) and 1 pound (\$10) packages.

If you're interested contact Rose at: [rosiesinfinitetreats@gmail.com](mailto:rosiesinfinitetreats@gmail.com)



## INFINITE BOARD MEMBERS.

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# INFINITE CLASSIFIEDS



## MEMBER BENEFITS

Club dues are \$30 for the year and due in January each year. For your \$30 Infinite Multisport membership, you will receive the following benefits from our many sponsors by using your id card:

**Fraser Bicycle** – 5% off Bikes, 15% off everything else in the store.

**Finis** – [www.finisinc.com](http://www.finisinc.com) 20% orders

**3 Disciplines Racing** - \$10 off Triathlons, \$5 off Duathlons.

**PowerBar** – look for lots of freebies to be passed out at meetings and other club functions.

**RudyProject** – 35-50% discount for sunglasses, helmets, goggles and accessories.

**MIHP – Michigan Institute for Human Performance** – Free ½ hour consultations for injuries and performance enhancement. 15% off personal training, monthly programs, and biomedical assessments. 10% off books, DVD's, and other merchandise.

**SBR Multisports** – 5% off all orders, free ground shipping on orders over \$99.00.

**Pacific Health Labs** – 20% discount on Accelerade, Endurox R4, and Accel Gel.

**Engineered Athletics** – Discounts on VO2 max testing, RMR testing, Body Fat testing.

**Hanson's Running Shops** – 10% off everything in the store.

**Sports Basement** - offers triathlon specific gear, but also has ski and snowboard gear, sunglasses, electronics, camping and travel gear, bags and luggage. They offer a 10% discount of everything in their store to members. Contact Paul Leonard for the discount code.

**Triathlonbags.com** – discounts on Tri-specific bags, backpacks, and gear.

**Flex-Power** - Flex-Power Performance Sports Cream is a CLEAN SCENTED pre- and post-activity solution that was initially created to help world-class athletes cope with the aches and pains that come with strenuous workout and activity, Contact Paul Leonard for the discount code.

## SERVICES

### **Triathlon Coaching:**

Kellie Kource (USAT certified triathlon coach) available for coaching and training plans. Contact Kellie at [coachkell@gmail.com](mailto:coachkell@gmail.com) or at: 248-459-0709

### **Financial Planning:**

**LIFE DOESN'T STAND STILL AND NEITHER SHOULD YOUR INVESTMENTS.**

To see if rebalancing makes sense, call or visit today to request a free Portfolio Review.

#### **Paul S. Leonard**

Financial Advisor [www.edwardjones.com](http://www.edwardjones.com)

Member SIPC

19806 Mack Avenue

Grosse Pointe Woods, MI 48236

313-884-0175

### **Child Care:**

If you are looking for a fun, experienced and energetic child care provider for your children on weekends or some weekday nights, then look no further. I am a certified teacher with 13 years of experience. Call me at (586) 770-7574. Nicole Piersante

### **Freelance Internet Design:**

Tara Lindstrom, Internet Programmer

MS SQL Server ASP.NET (VB, C#)

Web Applications, Web Sites, Interface Design

[tara.lindstrom@hotmail.com](mailto:tara.lindstrom@hotmail.com)

248-520-2048

### **Fire Wood for Sale**

-Half Face Cord - \$45.00

-Face Core - \$80.00

-Full Cord – \$210.00, (Pick-up Only)

Delivery add \$25.00

Call Paul Leonard

588.899.0331 or

[Psleonard1@gmail.com](mailto:Psleonard1@gmail.com)



There is no charge to advertise any triathlon-related items you want to sell, such as a bike, wet suit, helmet, bike shoes, etc. Just send a picture and description of the item to Courtney [cdr@maddinhauser.com](mailto:cdr@maddinhauser.com) and we will place the ad in our newsletter.

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