



Infinite Multisport News July 2008

President's Corner

Welcome to the new era for our newsletter. It has been a while since we've had an official newsletter and I am looking forward to seeing this project progress.



I would like to thank "Sir" Patrick Chandler for being our editor from the start and for all the ideas and columns presented in the past. As Patrick passes the torch, the Board has unanimously appointed Joellen Haines to the position of newsletter editor – we have seen her talent, ambition and hard work from the Doug Kurtis event, and I feel very fortunate she is willing to take on this position.

As triathletes we are generally very goal oriented – to get on the podium, place in our age group, set a new PR, or to get a second or two faster on our favorite training loop. Whatever your goals are, remember that your club members are there to help you attain your goals. This is brought home to me continually in so many ways. Often it's simply when I'm out on a weeknight training ride and we're talking about training ideas, nutrition, race plans, etc... At the races it gets even better. There's nothing better than hearing your teammates cheering you on and helping to carry you across the finish line. For me, the camaraderie that has developed among the club is one of our greatest attributes. So, whatever your level in the sport, know that there are others out there at your level to share in training, and others who have been there and can lend a hand and share experience to see you get to your goal – no matter what it is.

I've recently mailed 2008 member cards, stickers, and swim caps to everyone I haven't seen in a while. Use your member cards to get discounts at Fraser Bike, Hanson's Running Shop, and our other partners. If you haven't received your card or other stuff, please let me know.

Aside from the newsletter, we have been busy developing other aspects of the club. Tara is busy working on the website and is always looking for updates and suggestions, so let her know what you think. You may have also noticed we've expanded our training options recently. I often get criticized for this since we may only have a few members at

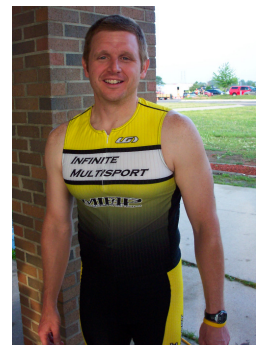
each location, but if we are going to expand and serve all of Metro Detroit I feel we have to have options.

For much of our history our training has taken place at Stoney Creek, and I do think we have a jewel at our disposal with this park, but for our members in other parts of the city, it can be quite a drive over, especially on a weeknight. So, check out the track/speed workouts in Warren and Royal Oak on Tuesdays and ride with Kevin Merritt every other Thursday at Kensington. Another exciting addition is our Thursday night Time Trial (every other Thursday at Stoney Creek). It's a great option to come out and gauge your fitness and position on the bike.

I trust everyone has seen the online "Training and Racing Calendar" and has seen email updates through the "Google Group." These both seem to be working well, but as always, please let us know if you have ideas to make things even better. As always – Happy Training! – Paul

Infinite Club Wear Available

- Full Race Uniforms – \$85
- T-Shirts – \$25 each
- Headsweats - \$20 each
- Pull-Bouys - \$8.25 each
- **New items** arriving on 7/10/08: visors and short sleeve IM tech shirts.
- *(Contact Paul Leonard with requests.)*



Ken Sanko in uniform

Club Special Events

Infinite Triathlon/Picnic Aug 16

Mark your calendar for 9 a.m. Saturday, Aug. 16, when Infinite Multisport hosts its 2nd annual sprint distance inter-club triathlon. Compete for awards and raffle prizes and join in a potluck picnic – the club will provide hotdogs, burgers and turkey burgers. Bring a side dish and beverage. We will also say goodbye to Andy Fuchs.



Cancer Fundraiser Planned

What: Team In Training Fundraiser Barbeque

When: Sat. Aug. 9, 2008, 5 p.m. to midnight

Where: Merritt Home: 856 Spartan Dr.
Rochester Hills, MI 48309

Cost: \$20 per person, children free - includes BBQ pork, hot dogs, hamburgers and other goodies. We will also have beer, wine, and non-alcoholic beverages for everyone.

We have all been personally affected by cancer through our family, friends and loved ones. My grandparents died of cancer, and my friend's wife passed away from leukemia. My wife, Andrea, was hit hard when her father and brother were both diagnosed with cancer. Now her mother is going through chemotherapy for breast cancer. Our response was "What can we do to help?" I decided that I can do a triathlon through Team In Training. Now Andrea wants to help by doing the 3-day Breast Cancer Walk. I am also doing a half-iron man in the Spring 2009 through Team In Training. How can all of you help? Please join us at the BBQ and have fun with the Club. Meet new friends and help a good cause. All proceeds go to these two great fundraisers to help find a cure. RSVP to Kevin.merritt@metroaircomp.com. Thank you, Kevin Merritt, 586-774-4455 or 586-524-6113 cell



Andrea and Kevin Merritt competed in the 2007 Belle Isle New Year's Eve Run.

Traveling Tri Hat



The Traveling Infinite Hat made it into the delivery room of Troy Beaumont Hospital for the delivery of Michael Rice, Jr. on Jan. 31, 2008 at 6 lbs. 2 oz. to Mike and Tonya Rice. Congratulations! Where will the hat be next? Send in your traveling tri hat pics.

Member Spotlight

Laura Fergle

Born in: Michigan

Married, with twin 10 year-old boys, Matt and Danny

Favorite Tri Discipline:

Swimming. I grew up swimming and really like it.

Favorite post-race food: cheeseburgers.

What I like most about training: time alone.

Last book I read: The Doctor's Wife

Favorite thing to do: I like to work out and spend time with my kids.

Advice to other athletes: In a race, I always try to pass people who are younger than me.

Memorable event or experience: Finishing my first marathon – Free Press 2001.



Classifieds

FOR SALE: Louis

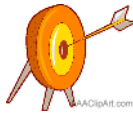
Garneau men's Ergo-air cycling clip-on shoes. USA Size 11 Eur 44, Contact Jon Haines at 586-610-3752.



On Target with Tracy

The Need for Speed

by Tracy Ryckaert



Please join us for Wednesday evenings of speed work and socialization at the Warren Community Center Track (on the east side of the building). We will progress our workouts over a 10-week schedule. Feel free to adapt the schedule to your present ability. Some key points to consider with your speed workouts

1. One year of running is recommended before initiating speed work-outs.
2. Be sure to incorporate a proper warm-up and cool-down time.
3. Split your workout so that you are doing ½ your laps clockwise and ½ counter clockwise to prevent injuries.
4. Recommended pace: 400 meters - 5-7 seconds faster than goal pace 800 meters - 10 seconds faster than goal pace. 1 mile - 15-20 seconds faster than goal pace for a 10k.
5. If training for a 5k or 10k weekly speed workouts are beneficial, however if you are training for a ½ marathon or greater distance, bi-weekly speed workouts should be the max to prevent injury.

Speed training is the number one cause of injuries in runners. But if correct precautions are executed, speed training can add a great spice to your training.

(Tracy Ryckaert PTA, NSCA-CPT, is the Director of Performance Enhancement at The Michigan Institute for Performance Enhancement, Inc. (MIHP)).

Athletes Corner...

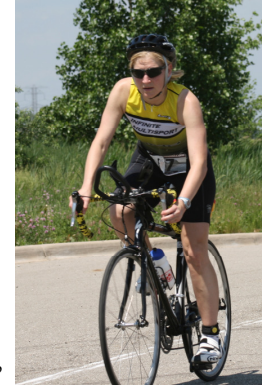
The Other Side of Victory

by Sandra Leonard

In the last four years I have been in many races, but the Monroe Racing for Recovery Sprint/Half Ironman will definitely be one of the most memorable. Although there were many club members who championed that day, some of us were bested by both Fate and Mother Nature herself. "Kona-esque" is the best word used to describe the conditions, but for those of you who were there, you already know this. Without going through the whole scenario, we can learn from the many things that happened there. Starting backwards from the running course, much can be said for really knowing your course. One unfocused volunteer can send you off on the extended



version of your run course. This is not a PR enhancer. Dousing your body with water on a hot day is great unless you include your shoes and socks. Wet shoes and socks can lead to huge blisters! Let's move on to the bike course. Not a bad idea to know how to change a tire and be familiar with basic road repair. You can shrivel up and die waiting for your "Good Samaritan" to arrive.



Sue Lint-Pirtle

Water bottles that are firmly fixed to your bike might not as easily turn into rocket launchers, and having more water than you need may temporarily help to rinse out gravel encrusted skin. With a cell phone in your bento box you may be able to contact a race day spectator who will pick you up in a bind and most importantly if you need an



Brian Sieber

ambulance, 911 will do the trick. Most cell phones today have automatic GPS locators. Not really sportsmanlike, but if you find yourself slammed into the pavement, offending bib numbers or car license

plates may serve some form of retribution when you can walk again. Let's not forget the swim! Not to sound callous, but if a swim course is well patrolled it is not up to you to save an inexperienced swimmer. The energy you use and the disruption to your time and focus may leave you in the same shape as they were, and by the way, don't even expect a thank you. My personal favorite tip I'll leave you to ponder: If you practice for an open water swim in a pool, make sure to bring your pool with you on race day!



Laura Fergle, Sandy Leonard, Tara Lindstom

Motor City Triathlon 2008

by Tara Lindstom

There is so much to say about the Motor City Triathlon, it's hard to know where to start. They've made improvements over the past couple of years and the event has risen to a new level of sophistication with more than 700 participants from 21 states. In 2006, the Motor City Triathlon became known for the difficulty of swimming in a strong river current. Since then, the swim course has moved closer to shore, and the current is not an issue.

This event hosts olympic and sprint triathlons as well as relays, and



takes place entirely on Belle Isle. It starts along the ½ mile of swimming beach on the side of Belle Isle facing Detroit, races on bike loops over the Detroit Grand Prix race course, and completes after a steamy running tour along the nature trails snaking up the center of the island.

I learned new lessons there, and some old ones got reinforced. For example, it pays to be early. There's the additional first step of visiting the USAT table if you're not a USAT member, and two transition areas take more planning. You don't want to mistakenly leave a piece of gear in the wrong place because you were stressed and in a hurry. Spectators should know what they are getting into as well. Since the transition areas are a mile apart, they have to plan on a lot of walking back and forth to catch any of the action.



There are a few positive aspects of this race that I think are worth mentioning. The course is closed to car traffic for more safety. There aren't any hills. Some cyclists reached some seriously high speeds. You can't get lost doing loops on Belle Isle – and since the race consists of both olympic and sprint distances looping around the island, you're never far from the pack. There isn't a strong current in the water, and some areas (but not all) are shallow enough to stand in. This 3D race as usual starts in waves of swimmers, which is nice for those who don't feel like getting clobbered in the masses.

This race is a little more complicated than some, and first timers may seem daunted by the two transition areas. You have to know the course and count your

own loops on the island. The run course through the woods was a challenge, but shady. It's easy to trip over the crumbling blacktop, but they had the foresight to spray paint the hazardous areas protruding from the ground. The transition area is closed until they say otherwise, so plan to stick around after the race. T2 was not supposed to be accessible to athletes until everyone had finished and the course was clear. At least 18 people were disqualified for going in there to retrieve their bikes while the area was closed. It was hard to miss that rule - Kenny of 3D said it several times, loudly.

If you decide to make the Motor City tri your first race, be sure to read and understand all the race updates before venturing into this race. Better yet: Go with someone who is experienced, and can tell you what to do next, if anything to ease the nerves - not that you could possibly miss overhearing the race director on the bullhorn giving instructions non-stop throughout the event. In general, this is a very good race to satisfy both the beginners and the veterans.

Big Fish Lessons Learned

By Craig Fitzpatrick



I started the day off at 0545 Sunday morning with a flat tire on my Durango, which I only noticed pulling out of my garage. After reading the manual and swearing a lot, I got it changed and left for Big Fish at 0650 hours. Thank goodness I'm only 45 minutes away. I picked up my race packet the night before, so I wasn't in panic mode yet, and arrived at the park at 0720.

I frantically set up my transition area. I got body-marked by a dyslexic dude who marked me # 439, after I told him I was #349. He crossed it out and then wrote over it. It looked GREAT! I then started putting on my wetsuit in the transition, but they kicked me out at 0730. I tried to hurry, when a passerby told me I was putting it on backwards. I finally got it on in time for the start. According to my watch, I finished in 2:18:39. According to the official results, I was never there BECAUSE I FORGOT TO PICK UP MY TIMING CHIP!!! So, I would have finished 6th or 7th overall, and 1st in the 35-39 age group... What a loser!

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- Club Members Tara Linstom and Jason Bearss

Tracy A. Ryckaert PTA, NSCA-CPT
Director, Performance Enhancement
The Michigan Institute for Human Performance, Inc.
(MIHP)
(586) 268-6942 Office
(586) 268-6948 Fax
www.mihp.net

Balance your training with a strength training program that will compliment your triathlon training. A one-hour training session with Tracy will incorporate an assessment of your biomechanics so that your program is individualized to address any asymmetries that may predispose you to an injury and will provide needed strength and mobility.

In home sessions = \$75 (20% discount for IMS members). One hour session at MIHP in Warren = \$65 per session (20% discount for IMS members)

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 Member SIPC

19806 Mack Avenue
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Edward Jones
 MAKING SENSE OF INVESTING

Meeting Change Notice

For the month of July, the club general meeting will be held Wednesday, July 30 at 7:30 p.m. at Hatchy's (7759 Auburn Road, Utica, 48317) in the upstairs room. Regular general meetings are held the 3rd Wednesday of the month at 7:30 p.m.

and everyone is invited to attend. This month, we have as guest speaker, Laura Sophia, a professional triathlete, age group world champion and age group world record holder at the Ironman distance. Laura is also a



Laura Sophia

USAT triathlon coach and will discuss her experiences, nutrition and training methods. Don't miss it!

Member Benefits

Club dues are \$30 for the year. For the \$30, you will receive the following benefits from our sponsors with your id card:

Fraser Bicycle – 5% off Bikes, 10% off everything else in the store.

Finis – www.finisinc.com 20% off all orders.

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

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

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



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