



Infinite Multisport News June 2009

Contact us at: infinitemultisport.com

President's Corner

By Paul Leonard



I've just returned from spending a few hours with Jeff Galloway. For those of you not familiar, Jeff is a runner, pure and simple (yes, a runner). He was a member of the 1972 Olympic team, and has PR's in the 10 mile of 47:49 and 10K of 27:21. Jeff's quest for running injury free began in 1978, and aside from a sprained ankle from a trail run, has not had an overuse injury for the past 31 years. While Jeff is an advocate of a run, walk, run method for distance running, he will not push the idea on you, and admits it is not for everyone, only for those who want to run injury free. Does it work? If you think a 2:40 marathon is a success, then I guess you can say it works.



Jeff Galloway

This was the second event I attended this week. The first was a clinic from Newton Running Shoes held at Fraser Bicycle. Newton has developed running shoes that make you feel a lot like your running in your bike shoes. The price is a bit steep, and I'm yet to be sold, but again the evidence is there with plenty of Ironman wins to their credit.



While my ego is not ready to admit that I should try this run/walk idea and my frugal side isn't ready to pony up the dollars to try a new shoe, I'm happy I took the time to learn about what is out there and what might give me an edge. Like North Face says, "Never Stop Exploring". Happy Training, Fast Racing! Stay safe out there.



Open Water Swim Practices

Practice your open water swimming Wednesdays at Baypoint Beach. At 6 p.m. Kellie Kource will be doing her workouts and will be around for questions, and our club practices are a great opportunity to get more than just your feet wet. Bring your wetsuit if you have one, goggles, and swim caps, and practice improving your skills and overcoming open water anxiety with the group.



Upcoming Club Events

Club Meets June 17 at Hansons

The Infinite Multisport Club monthly meeting will be held Wednesday, **June 17, at 7:00 p.m.** at the Royal Oak Hansons Running Shop. Hansons is located at 3407 Rochester Road in Royal Oak (48073), just north of 13 Mile Road. There will be a speaker from Hansons, discounts and raffle prizes. Plan to join the fun.



Pick up Tiger Tickets soon

Members who reserved tickets to the club baseball outing Friday, June 19th (Detroit Tigers vs. Milwaukee Brewers) should pick up their tickets by contacting Paul or Sandy Leonard. The last chance to pick up your tickets will be at the club meeting June 17th at Hansons Running Shop at 7:30 p.m. More than 90 tickets have been sold for the family outing for a party deck which includes the ticket, food, and beverages for \$39 per person. Arrive at 5:30 p.m. to enjoy the food and beverages prior to the game.



Club Picnic, Tri and Kids Tri Planned at Stony Creek

Plan to attend the best end of the summer party by coming to the annual Infinite Multisport Club Picnic, Tri and Kids Tri at Stony Creek on **Saturday, August 15, 2009 from 9 a.m. – 2 p.m.** The club hosts this event for both beginners and veterans to practice their tri skills and transitions in a friendly atmosphere of fun and competition. Last year, there were 15 children triathletes, several duathletes, and many who completed their first-ever event.



REI has Club host Triathlon 101

Infinite Multisport presented a Triathlon 101 Clinic at REI in Troy April 22 which had more than 30 people in attendance. All three disciplines were discussed and demonstrated in an hour-long presentation by Paul Leonard, Bryan Siebert, Kellie Kource, Jon Haines and Sandra Leonard.



Traveling Infinite Hat

The Traveling Infinite Hat made a trip to Washington, D.C. with Ken Sanko (pictured right) during the May2-3 weekend. Lincoln gives his nod of approval for the visit.



The Infinite Tri Hat went international with Jon Haines (pictured left) to Edinburgh, Scotland for a cool refreshment after a long day of hiking.



Member Spotlight:

Name: Courtney Roschek

Born in: Kalamazoo Michigan

Now live in: downtown Royal Oak, Michigan

Age: 26

Favorite Tri Discipline:

Running, no question. Although this whole swimming and biking thing makes me much slower.

Favorite Post race food: Limes (in my kettleone ;).

Last book I read: I Hope They Serve Beer in Hell. (Tucker Max)

Favorite movie: Spaceballs

Favorite thing to do: Hang out on a patio, porch, deck, or pool in the summer with good friends and good food.

What most people don't know about me: I'm the fastest email-responder this side of the Mississippi.

Something my parents taught me that stuck: You have to create your own happy, because no one is going to do it for you.

Interesting personal best or story about yourself:

Read the Gulf Coast Race Update in this month's newsletter.

Memorable event (race) or experience: I watched my first triathlon this year (St. Anthony's Tri with TNT) as a team mentor. There is something that is really neat about



watching a big group of first-time triathletes take on an Olympic with a vengeance. It reminded me to hang in at all costs because arguably, nothing will be as hard the second time around.

Why I like the club: Camaraderie. I'm a new member, and it's very cool to see how the group reaches out, and really is interested in furthering the sport (not just individual PRs). Looking forward to training and racing with all of you.

Athlete's Corner

Why a "Practice" Du?

By: Ken Sanko

Everybody practices to make themselves better, or as the old saying goes "Practice makes perfect." As I raced with 11 other members on Saturday, April 18th in the Clubs' first mock duathlon for 2009, I couldn't help but think of that old saying.

The race was a well attended and supported event with many athletes doing their very first race of any kind. I was very excited to see a lot of "newbies" getting a taste of what makes a tri and/or duathlon so addictive. The duathlon made me realize

just how special a club we have grown into since we had as many volunteers on the Stony Creek course as racers that day.

After the transition area was set up by all the racers, a group picture was taken followed by a pre-race course description by Coach Kellie. The only thing left to do was to line up at the starting line and sound the whistle. I ran the first "run" leg with Jeff Nazarko, and the only thing I remember about the conversation was how great it was to be outside racing again. It was a beautiful day!! As we entered the transition area I wished him luck and made one of my best transitions ever...it helped that the area wasn't filled with hundreds of bikes and was about 15 feet wide. My goal that day was to race hard, but more specifically improve in the transition area. Mission accomplished. Two loops around the park with all types of club member support made the 12 miles seem like 6. The second transition time was pretty good as well which put me in a good mental state for my final run leg.



The final run leg was filled with seeing other racers doing their last run. The support we gave each other was great. I was being lead by Jay Adams to the turn around point as he biked alongside me. I finished the run with cheers from the volunteers. Of course, I had a great experience, but I was glad to hear that everybody finished and learned from the experience. I know my very first tri back in September of 2004 seemed A LOT more achievable after doing a mock tri. So speaking from experience, I would recommend to everybody attempting their first tri in the near future to do a mock tri. It will give you the confidence that you can do it and as the saying goes: make it "perfect."

Starkermann Challenge

By Kellie Kource

The Starkermann Challenge was quite the experience! The weekend started with a 5k on Friday night that was relatively calm compared to the rest of the weekend. Saturday morning was the reverse tri, and was something else. It was cold and blowing wind and rain, maybe 40's upon arriving and it only got worse as the race continued. The run was the first event, and they sent us off road through the grass along a railroad so then my feet were soaked from the word



go. The bike was demoralizing in the sideways wind/rain and about 40 degrees. Staying upright was a challenge in some spots! It probably didn't help that I was only sporting my Infinite uniform and arm warmers (I know some of you are not shocked). I packed more than I did for my IM and still didn't bring enough for all 4 events and the weather! By the time I got to the swim, my feet, hands and face were frozen which made swimming as the last event nearly impossible.

The Saturday night 40k TT was out of Treetops resort, and somehow, the wind had picked up even more than the morning. I hit one downhill and when I looked down, realized that even pedaling I was only going a whopping 11.9 miles per hour. They had a couple of climbs that they called mini Alpe d'Huez, and they were difficult climbs, but cool to do. I had to zig zag up the last hill where the finish is at the top in order to not get off my bike. Due to the wind conditions and the climbing, I actually went slower on this 40k time trial than I did in the whole 112 miles in the Ironman at Lake Placid last year if that is any indication of the conditions and climbing.

The duathlon on Sunday was at least sunny! But maybe 40 degrees, and again, crazy wind. Kenny outdid himself from the TT the night before and threw in many

more good climbs again that did not stop on du bike course. Another brutal ride, hanging on for dear life in those crosswinds. The race was topped off with a run on trails through the golf course that was hilly and with soft sand through most of the middle portion.

Now that it's over, I really enjoyed the challenge. And lucky me, since I won the weekend challenge for the ladies, I get to race it for free for life. Kenny was not exaggerating when he called the challenge epic. The weather definitely is a big factor in this race, and he said that apparently this was a "fairly good weather year compared to the last couple".

This was a smaller race compared to some of 3D's others, and there were only 27 of who signed up for the whole weekend challenge. Many others did the du and tri, but those of us doing the whole challenge got to bond a bit more, and the races were relaxed and casual. 3D did a great job with the whole weekend, and I would highly suggest the challenge to anyone looking for a early season rough weekend of racing and training.

Half-Iron Woman's beginner look at Gulf Coast Monster Event

By Courtney Roschek

"KEVIN!?!?!?" I shriek as Kevin "Meathead" Merritt zips by me on mile 11 of the bike course. "Do you have a bike tool?" Meathead gives me the same blank, confused, "I just swam way-to-far in dangerous ocean waters look" that the last 40 people gave as they passed, says no, and his aero helmet disappears into the horizon.



Let me give you a mental picture of what was happening at this moment and for the next 15.4 miles of the bike course: After finishing the swim (which this newbie learned includes waves, salt water, currents, and sea creatures), I popped a couple Endurolytes, put on my bike shoes and TNT jersey, then clomped toward "Bike Out."

I clip in, sit down, and "BAM!*" my seat (usually posted up about 5/6 inches) crashes to the frame and swivels to the side. When I pull over to assess the

situation, something becomes very clear to me, my seat-screw was seemingly as tight as it could go, and either way, I did not bring an a-tool (had to save that precious extra 5 ounces right?!?). At that moment, I was physically feeling pretty good and knew that I had trained for this event; so I was finishing.

However, at mile 11 of riding in the aero-position, while holding my seat forward with my inner thighs, and simultaneously pedaling with my knees coming up over my elbows, I was ready to desperately screech at Meathead for help.

You see, we shipped our bikes to Florida, and after taking goofy pictures when the more experienced members of the team pointed out that I had put my handles bars on upside-down, I looked down and saw that the worst occurred—there was a HUGE dent in my frame. While 4 mechanics checked out the bike (2 giving the green light for a final voyage, 2 saying don't ride it), I figured I had trained for this event so I was finishing even if my bike frame snapped half-way thru. The frame, it turns out, wasn't half



of my problem. *Kevin Merritt, Brian Murphy and Chris Floriano*

It wasn't until mile 26.4 (thank you Garmin) when my knees were done, my confidence was down, and I unclipped to put my feet down and have a serious heart to heart with myself about the dangers of destroying ones knees at 26, that a women stopped, asked if I was all right, and handed me an a-tool! While not ideal, I was able to raise the seat for about 4-6 mile increments where it would slowly sink once again, but it was better than it was before.

After the bike debacle, I did my best to remind myself as my knees started popping on mile 2 of the run (my favorite event) that this was an exercise in completion, and I no longer had control of the fact that my legs were not in half-marathon condition.

Shortly after seeing TNT Coach Mike Blackburn around mile 9, and after mastering the fine art of dumping ice water on ones head, back, and sports brassier, I had the ultimate triathlete's experience—the opportunity to taste my Cliff Shot Bloks a second time (read: I threw up in someone's front yard after chugging a coke that I thought was Gatorade).

I decided that I would be better off making it to the end of this race alive, so after I was finished in the landscaping, I started power walking a cool 22 minute mile. I finished.

I'll be straight with you. Was this my ideal event? Clearly not. Did I spend hours over the following 4 days googling on my PDA to find another 70.3 that I could actually race? You bet. But most importantly, can those that train properly take on an endurance triathlon no matter what the challenges? Start training!

THE COURSE: Flat as a pancake, but hot hot hot! Well organized, aids stations stocked!

HIGHLIGHTS:

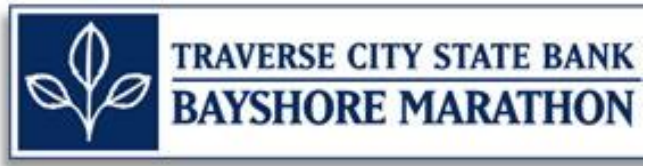
- Christina "Chris" Floriano, Ryanda Samples, Kevin "Meathead" Merritt, Brian "BananaMan" Murphy, and Courtney Roschek finished strong; and
- 9 triathletes from Michigan fundraised over \$50,000.00 together for the worthiest of causes, the Leukemia and Lymphoma Society.



Bayshore 1/2 is a Blast

By Tracy Ryckaert

I highly recommend the Bayshore marathon in Traverse City. This was my second year doing the 1/2 marathon, and the course is absolutely beautiful. The majority of the course runs along the waterfront of Grand Traverse Bay. If you get tired looking at the waterfront, the opposite side of the road offers beautiful scenic homes and cottages where many spectators have come out to cheer on the runners and offer refreshments. The emergency beer stand at the 10 mile mark is my



favorite. I also enjoy the opportunity to cross paths with the full marathoners, cheering them on and viewing the lead runners.

I saw a couple of Infinite uniforms out there, but it sure would be nice to see the black and yellow swarming this event in 2010. The Memorial holiday weekend offers an opportunity to enjoy fine dining or beach time with our fellow teammates. I also like that the race is on Saturday, giving you enough time to enjoy the city but head home for those holiday barbecues if needed.

Remember to watch for the registration date which will open in December. The date of next year's race is Saturday, May 28, 2010, so register early because both the 1/2 and full marathons fill quickly.

Inspiration for Workouts:

Special thanks to Jody W, John F, Nikki K, Kelly S, Kellie K, Mark M, Ken S, Kevin M, Robert M, and Bonnie Q for sharing some inspirational thoughts for help when the going gets tough. ...and let's hand over the Inspirational Geek Award to Jody!

SWIM

Like Nemo sings: Just keep swimmin', just keep swimmin', just keep swimmin'and so on.

It's important to sight now and then – but if you find that you're doing it too much - remember that the more you're sighting the less you're swimming and the longer it will take you – just dig in and plow right through the water. If you have to ease up then do the breaststroke for a couple of strokes and your sighting is done and then you can get back to plowing along.

Am I going to drown?

Long strokes, head down, 90 degree elbow, 18 degree hand and repeat. Before you know it the swim is done.

Catch up and draft off this guy.

"You can do it." - "You can do it."

This isn't inspirational per se, but I basically spend my time during long swim sets doing math. If I don't constantly keep track of my yardage in my head I forget where I am.

BIKE

When you're climbing a hill and it's getting harder for you - just try doing 10 more pedal strokes - count them out loud one by one (you'll take in more oxygen) - and before you know it you've made it to the crest.

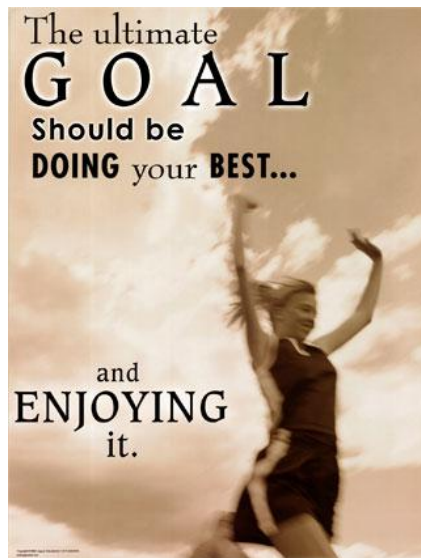
Hurry up and get over the hill, give a couple good pushes, then aero and try and maintain it.

"Why does this hurt so much . . . why does this hurt so much . . . why does this hurt so much?"

I'll picture myself on the course of whatever my big race for the year is. I'll imagine myself toward the end of the course, tired and facing a challenge (big hill, time cutoff, or whatever). Then I'll ride in training pretending like

it's the race. (I only do this if I'm really beat down in training because it really dips into my emotional reserves.)

I think about Lance Armstrong's thoughts when he passed Ullrich on the Tour de France one year and those words were from the movie Good Will Hunting "How do you like those apples?"



I say to myself, this is nothing, it is your strong point, you can do it. Breathe long out.

RUN

I'll encourage other people. Nothing gets me out of my own head and stopping thinking about how I'm hurting like focusing on someone else and how they are doing.

Last mile. This is how you know you're alive. I'm going to borrow some enthusiasm from after I cross the finish line. How in the hell did that person get ahead of me. That person is right on my tail.

I live and run by the slogan "One foot in front of the other - moving forward means getting closer to the finish line."

SWIM, BIKE, OR RUN

"You're mightier than you think"

If I am racing and really struggling - I focus on the environment around me. Trees, clouds, if other racers are nearby, etc. If nobody is around and I can't get interested in the environment around me, I say a prayer and say a few words to my late grandma. For some reason - I always get inner strength from it.



I don't really know why or when I started this... but I sing the song "Frank Mills" from the musical "Hair" over and over and over until I get through the hard parts. I think it works for me because it has absolutely NOTHING to do with what I am doing. It's a short easy song and a perfect distraction... I know.. I'm wierd... but, come on... everyone loves show tunes, right?

Short strides, only 1 mile to next aid station for more ice and water.

I haven't actually practiced this myself, but I know a lot of guys who get behind a cute chick and use "mental drafting" to get them through some rough spots! I guess it works...

In general, one of the biggest things I try to do is replace "I have to" with "I get to". So instead of, "Ohmigod, I have to run 10 more miles" it's "I get to run 10 more miles today, cool!".

I'll sing songs to myself - cheesy but it helps. Eminem's "Lose Yourself", Kanye West "Stronger," the theme from Rocky, Hoobastank's "Moving Forward."

Racer's Recipe Corner

From the kitchen of Joellen Haines

This recipe is modified from the Biggest Loser Cookbook where they use lean ground veal or ground beef. I use a lot of ground turkey and like this version the best.

Turkey Meatloaf

2/3 cup old-fashioned oats
 1/2 cup fat-free milk
 1 lb. Ground lean turkey 92/7
 1/2 cup chopped fresh spinach leaves
 1/4 cup minced onions
 2 large egg whites, lightly beaten
 2 tsp. Italian seasoning
 1 tsp. Worcestershire sauce
 1 clove garlic, minced
 1/2 tsp. Salt
 1/2 cup reduced sugar ketchup (or regular)



Preheat oven to 350 degrees F. Lightly mist a non-stick loaf pan with cooking spray. Set aside. In a medium mixing bowl, combine the oats and milk. Let stand for 3 minutes or until the oats are slightly softened. Add the turkey, spinach, onion, egg whites, horseradish, Italian seasoning, Worcestershire sauce, garlic and salt. With clean hands or fork, mix well. Transfer the mixture to prepared pan. Press into the pan patting the top flat. Spread ketchup over the top.

Bake for 30 minutes, or until meat thermometer registers 160 and the meat is no longer pink. Let it sit for 10 minutes. Cut into 8 slices. Serve immediately. For a firmer meatloaf, use only 1 egg white, 2 makes it extra moist.

Services

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

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.

Edward Jones
 MAKING SENSE OF INVESTING

Paul S. Leonard

Financial Advisor www.edwardjones.com Member SIPC

19806 Mack Avenue
 Grosse Pointe Woods, MI 48236
 313-884-0175

Triathlon Coaching:

Kellie Kource (USAT certified triathlon coach) available for coaching and training plans. Contact Kellie at klc09@hotmail.com or at: 248-459-0709

Classifieds

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 Joellen Haines at joellen61264@yahoo.com and we will place the ad in our newsletter.

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 20% off all 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.

Infinite Multisport Board Members:

President: Paul Leonard

paul.leonard@infinitemultisport.com

586-899-0331

Vice President: Kevin Merritt

Kevin.merritt@metroaircomp.com

586-524-6113

Treasurer: Don Zimmer

donzimmer@yahoo.com

586-677-9051

Secretary: Sandra Leonard

leonard.sandra@gmail.com

586-419-6322

Social Co-Chairperson: Nicole Piersante

piersante@yahoo.com

586-770-7574

Social Co-Chairperson: Susan Lint-Pirtle

susanlint@hotmail.com

586-292-5886

New Member Development: Bryan Sieber

bsieber@novabio.com

248-298-9909

Race/Sports Events Director: Kellie Kource

klc09@hotmail.com

248-459-0709

Webmaster: Tara Lindstrom

misstaraml@hotmail.com

248-520-2048

Newsletter Editor: Joellen Haines

joellen61264@yahoo.com



Infinite Multisport Sponsors



POWERED BY **tri•PLAY•nør**
TECHNOLOGY

Contact us at: infinitemultisport.com