



Infinite Multisport News

April 2009

Contact us at: infinitemultisport.com

President's Corner

By Paul Leonard

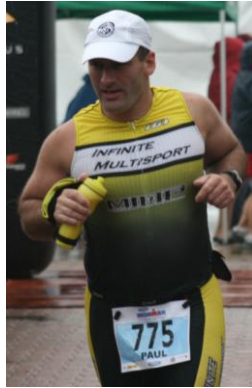
Wow!! What a year it's been, and we haven't even started the racing season yet. We have seen incredible growth in the club for 2009. Last year we ended at 63 members, and as I write this we are at 84 for 2009 – 34% growth in the first 3 months of the year!!

Within the next few weeks we will have elected a new board. While some positions might not change, I'd like to thank the current board for all they have done over the past years. I know that taking time to add in a board meeting to our schedules each month is tough, but the efforts and input have been invaluable, I for one greatly appreciate all you have done.

Looking back over this short 2009: Everyone seems very happy with the meetings at the Rochester Mills Brewery, and the room is fantastic compared to what we used to have. We have been seeing good attendance at the Sunday run training and our Thursday swim sessions have been packed. The trail running with the mountain biking option beforehand seems to be catching on, and has been a great alternative to doing laps around Stony Creek. We have created new relationships for club member discounts and have a new racing gear order on the way. The website has continued to improve and has more content than ever, including a race travel review section.

Looking forward: We continue to work on having interesting and relevant guest speakers at the meetings, have more trail running events scheduled, have a practice Duathlon in April, a practice Triathlon in May, an open water swim clinic in late May, and Transition clinics planned throughout the summer. Our Tuesday night Time Trials will resume in late April and we'll host an "Introduction to Triathlon" seminar at REI in Troy on April 22. The upcoming game night looks to be a success, and among other things we're planning a Tiger's game outing in June, the annual Club Tri/Kid's Tri/Picnic for August, a golf outing in late September, and an awards banquet and holiday party for early December.

While this is only start, we look forward to making 2009 the best year yet! As always, we welcome any suggestions and input anyone has, so make sure we know what you'd like to see and what you expect from us. The possibilities are "Infinite."



Club Members Donate Medals

By Joellen Haines

Infinite club members who attended the March 18 meeting last month had an opportunity to donate their used medals following a presentation by Joe Burns from Medals4Metal. This non-profit



organization was founded in Indianapolis in 2005 by Steven Isenberg, M.D., who also is an avid marathoner. The purpose of this organization is to gift used medals to people of every age who show courage (or mettle) in facing disease, handicaps or any similar challenge.

When medals are donated, a nationwide network of physicians personally award these medals to people who are battling their own "marathons" in life. All of the donated medals from the club will go to recipients in Southeast Michigan, and many of them go to children's hospitals.

Brian Sell handed out his own medals at Dell's Children's Medical Center in Austin, Texas last year. One woman described how she felt about the donated medal, "I sobbed," cardiac patient Joann Hofer-Varela said. "It represented what I had gone through, and it represented somebody's hard work." Medals can be donated throughout the year by giving them to Infinite Club Member Ed Sosnowski, our Medals4Metal liaison, during club meetings or events.



Club Member Ed Sosnowski (pictured above, far right) and sons Noah and Joshua gather with Joe Burns of Medals4Metal and John Fleming and his daughter (far left) to show some of the donated medals from the club meeting.

24 Hours of Ironman Success

By Joellen Haines

Infinite members participated in the Team in Training fundraiser hosted by Fraser Bicycle and Fitness in March. Using Fraser's computrainer basement lab, various teams competed in the 24-hour event, which simulated Ironman courses in Switzerland, Kona, Canada, Lake Placid and Louisville. Teams toughed it out through the early morning hours and challenging courses. Another event is planned in the fall.



Participants of the 24-hour indoor Ironman event start out strong. Sandra Leonard (far left) wears the Infinite hat.

Traveling Infinite Hat

The Traveling Infinite Hat made a trip south to Texas during Hell Week with Sue Lyons (pictured right) during the Thanksgiving weekend.

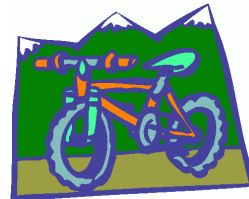
The Infinite Tri Hat went international to Amsterdam where Infinite Member Jon Haines (pictured below) was joined by a local dutch evangelist for a picture.



Upcoming Club Events

Infinite Stony Trail Run - April 11

The club will continue its Trail Ride/Run Series on **Saturday, April 11**. Starting at 8 a.m., we will meet at the West Branch mountain bike trailhead at Stony Creek to mountain bike on the trails. At 10 a.m. we will begin the trail run. Following the events, we will meet for breakfast. Looking down the road (or trail) a little, these trail run events should help members get ready for the more rugged Pontiac Lake Trail Ride/Run in May.



Club Meets April 15 at "The Hill"

There will be a general club meeting Wednesday, **April 15, at 7:30 p.m.** at *The Hills Bar and Grille*, at 6810 N. Rochester Rd, Rochester Hills (in the Papa Joe's Plaza). We will meet upstairs and listen to a speaker from 3Disciplines Racing.

Club Hosts Triathlon 101 at REI

Infinite will be giving a Triathlon 101 Clinic at REI in Troy **April 22 at 7 p.m.** and invites all members and friends to attend and support the group. REI is located at 766 E. Big Beaver in Troy, just west of Rochester Road.

Tiger Game Family Night

Infinite members and their families can join in a club family night at the Friday, **June 19 Tiger game** against the Milwaukee Brewers at 7:05 p.m. Sue Lint-Pirtle will be making arrangements for a party deck which includes the ticket, food, and beverages, and costs \$39 per person. You can arrive at 5:30 p.m. to enjoy the party deck prior to the game.



Club Picnic, Tri and Kids Tri Planned at Stony Creek

The date has been set for the annual Infinite Multisport Club Picnic, Tri and Kids Tri at Stony Creek for **Saturday, August 15, 2009**. 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.



Member Spotlight:

Jay Zammit

Born and grew up in: Grosse Ile. Grosse Ile is a beautiful community located about 25 miles south of Detroit.

Now live in: Lathrup Village

Age: 48 (Sept. 9, 1960) - one season from being able to race in the 50 – 54 year old age group!

Favorite Tri Discipline: I enjoy cycling and running equally. Swimming is something I had not done for over 30 years and am terribly inefficient at. I recently hired a coach and believe it will make a significant difference in my abilities.

Favorite Post race food: I

create this crazy mix of natural almond butter, oats, raisins, dried cherries, ground flax seed, and a touch of honey.

Last book I read: The Perfect Distance: Training for Long-Course Triathlon by Rodgers, Tom

Last movie I saw: The Curious Case of Benjamin Button

Favorite thing to do: Take my family (wife, daughter, son, daughter-in-law, and granddaughter) out to eat. I especially enjoy taking them to breakfast after church.

What most people don't know about me? In addition to my crazy work and training schedule, I am the co-leader of two men's bible studies at Kensington Community Church in Troy.

Something my parents taught me that stuck:

Through her actions, my mother taught me to consider the needs of others as more important than my own. I don't always live up to this, but it is a principle that I take to heart.

Interesting personal best or story about yourself:

Three years ago I was extremely overweight and my health was at risk. At 5'8", I weighed 242 pounds, with a 42 inch waist (I still have the pants in my drawer so as to never forget). The simplest of physical activity was a strain. I was sick of feeling the way I did and committed to making a life change. I have a type-A personality and once I choose to do something, I pursue it with everything I have. It took me two years, but I lost over 80 pounds and a total of 13 inches off my waist.

Memorable Non-Race Experience - Becoming a grandfather.



Memorable Race Event - Completing my first 5k after having lost my weight. The race was the Advokate 5k (See <http://www.advokaterun.org/>) and honors a little 6-year-old girl, Kate Hrischuk, of Rochester, who lost her battle with intrinsic brain stem glioma in early 2007.

Why I like the club: The people! It is my experience that the club is made up of individuals that enjoy each other's company. They create opportunities to not only train and compete together, but to also develop friendships through various types of social events. Families are welcome, not just athletes.

Athlete's Corner

Tri - an Indoor Tri

by Laura Fergle

During the wintry off-season, indoor tris are an excellent addition to your training program. I've competed in three indoor tris which sparked my initial interest and involvement in triathlons.

You may think indoor tris are a waste of your time. After all, how challenging can a 10-minute swim, a 30-minute ride and a 20-minute run be when you are training for longer distances? Ask yourself these questions: "How often do I get the opportunity to go as fast as possible in all three disciplines without worrying about fatigue later in the race?" "Isn't it hard to get motivated for a workout in the dead of January when my first race is many months away?" "Was my last race fun?"

An indoor tri is a great chance to go all out and test your speed, get back to the sport and focus during a tough time of year for many athletes who are slowly just "base building." The important part is that an indoor tri is FUN, which I can never lose sight of in this sport. You only need to bring a bathing suit and some clothes for the bike and run...very simple compared to the loads of equipment we usually need. The swim is a shared lane with one person with a lap counter. The bike is a spinning bike set on a high tension rate which you can't ease up. The treadmill allows you to run just as fast as you can possibly go! Each time competing I have tried to improve my last year's record, How many lengths can you swim in 10 minutes? (25 was my best, and I want to do 26 next year). How many miles can you pedal in 30 minutes? (I want to beat 14 someday!) How many miles can you run in 20 minutes? (I can't quite beat 2.6 but I will next time!). Now, you "tri" it and have some fun!

A Wolverine's Story

By Jeffrey Nazarko

He shall overcome... After reading through the website and newsletter profiles of members in the club, I can't claim that my story is too unique... with 40+ lbs packed on while jet setting around the world for business, I lost sight of early health and fitness goals (and my absolutely fabulous Italian shoes), so it was off to the gym before the new year. I created a "running and cycling" playlist on my I-Pod and headed off to the local gym armed with motivational tunes to entertain me on my way to a new lifestyle. My lovely wife kissed me goodbye as I set off on what was to be yet another obsessive-compulsive journey, chalked full of delusions of grandeur and dreams of challenging Lance next year.

I-Pods and Ukrainians Don't

Float: So, now I'm down 20lbs and having already "mastered" the art of running and "spinning," I figured I'd give the pool a workout; *I wonder if they'll rename the Lifetime pool after me.* Two laps and I feel like I'm dying... Can't breathe... Send help... I guess this is the turning point in the story and my motivation for seeking out this club. The feeling that I wasn't good at something drove me crazy (young children holding their noses while fanning their back sides and pointing at me didn't help either), so I decided that the next natural step was to get good enough to compete. I researched local clubs and after reading through Infinite Multisport website, I decided to join and attend the club meeting.

Car Washes Aren't All Built the Same: After my first club meeting, I was really jazzed to get out and train with everyone. The group had been so welcoming and helpful in addressing questions that I couldn't wait to... mountain bike? To rewind, my first introduction to mountain biking came this past November when a trusted friend took me to Pontiac Lake/Trail to mountain bike. The snow was freshly rained on, and the ice was pristine if you were

planning to figure skate; the fact that it was a double black diamond course didn't help either. Needless to say my first mountain biking experience left me a little leery about the sport in general.

Excited to be able to use my newly installed roof rack and fresh after a morning swim, I was excited to see that I had 40 minutes to make it to Stony Creek; just enough time to pull in and wash the mud off my *new bike* from the country-road ride the day before. It took only nanoseconds for the crushing sound of my handlebar and the plastic chunks from my cycling computer raining down on my windshield for me to realize that the clearance at this car wash was decidedly different than the semi-tractor trailer-sized bays I usually frequent. Comically, my first thoughts turned to being late

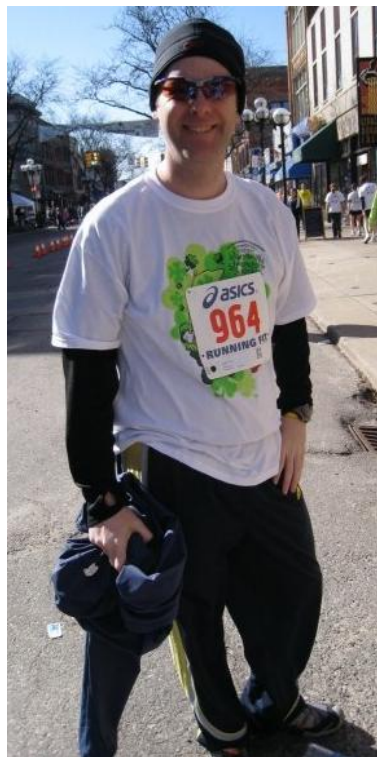
before the condition of my bike (making good time is underrated). As I assessed the damage (broken bike rack, crushed portion of rear roof, bar end missing, and handlebar bent), the echoing sound of my voice the night before advising my wife that she 'should have been more careful' after she advised she'd broken \$14 ceramic trash can rang through my skull. I knew a steaming plate of freshly served crow was in my future.

All Good Things to those who.. Tri?

The ride with everyone was just great! The course was nice and very manageable and it was clear that the group was interested first and foremost in making sure that everyone had fun. As indicated previously, I'm not a mountain biker but had a great time getting out and trying something new.

The run and breakfast that followed were just great. It was a nice time to socialize and meet the group. I also had no idea that it was legal for any 'greasy spoon' to make a 4lb omelet and cover it with 2lbs of chili (though I'm more surprised that it was actually ordered and eaten).

To those of you that I have met, I've really enjoyed your company and look forward to many years of friendship and friendly competition. I look forward to meeting everyone else soon. To those of you who are considering joining, come on down! You couldn't possibly be disappointed. This U of M alumni will be out there with you trudging on.



Bike Fit Offer Completed

By Kris Armstrong

I just wanted to thank everyone who participated in the free bike fits the past two months. It was very educational for me and I hope it was helpful to you as well. I have set up time slots at Macomb Bike & Fitness and they are offering a 50% discount on all fits to Infinite club members. So if you are interested in getting a road, Tri, MTB or cleat fit, give them a call at (586) 756-5400 for available dates and times. The cleat fit has helped several cyclists with knee issues including myself. It might not be running that's causing your knee pain. Thanks again and have a great season.



Racer's Recipe Corner

From the kitchen of Bonnie Quinn: Here's a great healthy recipe. I cut the sugar in half and I did not include the jalapenos. I like it better with Unsalted Garden Fresh brand tortilla chips instead of Fritos.

Texas Caviar

Bring the ingredients to boil then cool completely:

- 1 tsp. Salt
- ½ tsp. Pepper
- 1 tbs. Water
- ¾ cup cider vinegar
- ½ cup oil
- 1 cup sugar



Once above ingredients are cooled, add to:

- 1 can pinto beans, drained
 - 1 can black eyed peas, drained
 - 1 can white corn, drained
 - 1 small jar pimento, chopped (pick one that comes chopped from jar)
 - 1 cup green pepper, chopped
 - 1 small onion, chopped
 - 1 cup celery, chopped
 - 1 tbs. jalapenos, chopped (optional)
- Marinate 24 hours, drain, and serve with 'Scoop' Frito's corn chips. (It does not have to be marinated for this long. I have even served it once it's done.)

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

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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

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.

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