



# Infinite Multisport News August 2009

Contact us at: [infinitemultisport.com](http://infinitemultisport.com)

## Vice President's Corner

By Kevin Merritt

This is my Ironman experience. Last year a few of us were sitting have a few pops, okay beer, when someone said, "We should do an Ironman next year." I was thinking to myself, you all go and have fun while I stay home. That thought didn't last very long as we came together and formed a team, drove out to Lake Placid with a truck full of people and a trailer full of bikes (thanks Jon). We volunteered at the race and got to cheer on those in the race from IMTC. It was a great experience and would recommend everyone volunteer for a race as it lets you learn what goes on behind the scenes.



Now that I was ready, I set a training plan. I talked to people and set up times for me to be away from home. I made sure that every Wednesday I was going to ride, and my wonderful wife, Andrea, would be home with Helena, my daughter. As the months went on I was feeling in better than ever shape but then the long distances came up. Not only did I need to train more, but with the economy going down, I was spending more time at work (running the company), and my wife got a new job. This was great because she loves it, but she had to start traveling. She took Helena on the road sometimes with my mother-in-law, but we decided to get a dog, which is just like a baby. My training was a mess! I was ready to call it a day and give up.

As the race got closer I truly gave up on the schedule about 3 months out. I trained what I could and told myself that all I needed to do was finish. I made sure to get my long rides in and a few long runs, well long to me but short according to the training. I set off for Lake Placid and was just going to have a long training day. It is impossible for me to take it easy. I like to go hard all the time, hence

the name "Meathead" given to me by Chris Floriano when I coached her though TNT.

Race day is here, the cannon goes off, and I start to swim. This isn't so bad, I can do this! A kick in the face woke me up to realize that I have to swim hard in my mind. I came out after my first loop in a record for me at 36 minutes. I got in the water for the second lap and cramped in the leg. I thought, "is my race over, can I finish the swim?" I fought through it and finished with a better than pre-race estimate. On to my strong discipline, the bike. Don't go too hard I kept telling myself, and did the first 56 in 2:46, a great time. Thought to myself, I can slow down to save my legs and still break 6 hours. Then, with less than 20 miles to go, cramp in the leg that took me down, literally. I stood on the side of the road, trying to move my leg as people asked if I was okay, and my response was "yep, keep going." After 20 minutes, I was back on the bike for the final climb into town and off for the run. I took Jon's advice to run 6 minutes and walk a minute. This lasted for about 24 minutes before I had to walk more. Then I ran more and just decided to enjoy myself. I joked with people, and the whole time I thought to myself, since everyone from IMTC is watching me online or through Paul's e-mails, I have to do well. I came around the bend and crossed the finish line one minute under Jon's time. I laughed at myself and thought boy is he going to be mad.



Moral of my story is, don't be too hard on yourself during training. Do what you can and adjust your race mentality. It is amazing that I still beat my estimated time before all training started let alone after the lack of full training. Without the support from my family, friends and the club, this feat would have been impossible. It is something that I never thought I would ever do, and it is not for everyone. Whether it is your first 5k or your 100th Ironman, enjoy the experience and take everything in from training, the race, and especially from the people that surround you.

## Upcoming Club Events

### Club Picnic, Tri and Kids

### Tri Planned at Stony Creek

Final plans are being made for the annual Infinite Multisport Club Picnic, Tri and Kids Tri at Stony Creek at **Baypoint Beach** on **Saturday, August 15, 2009 from 8 a.m. – 3 p.m.** The adult sprint tri starts at 8 a.m., the



kid's tri at 10 a.m., and the picnic around noon.

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. So far, we have about 30 kids registered and about 28 adults. **Bring a dish to pass** – the club provides the hamburgers, hot dogs and turkey burgers, and this year there is a dessert contest with cash prizes. We will also raffle off several prizes from our sponsors, so don't miss it, and email us if you are coming to: [joellen61264@yahoo.com](mailto:joellen61264@yahoo.com).

### September Golf Outing Planned

The first annual Infinite Multisport Golf Outing is planned for Saturday, September 26 at the Rammler Golf Course in Sterling Heights. It will be an 18 hole scramble, with Mens and Womens Longest Drive and Closest to the Hole. For the "non-golfers" in the group that want to have fun but don't want to join in the 18 hole "Big" course fun, there is a 9-hole par 3 option for you as well. Ron Kource will be organizing the event.

We're going to run it as a 4 person scramble. For those of you that don't know what a scramble is, it is played as



a best ball format. Each person from the team takes a shot; and the best lie is played by all four teammates from the same location. A definition of a scramble for those of you that want to read about it more: [http://golf.about.com/cs/golfterms/g/bldef\\_scramble.htm](http://golf.about.com/cs/golfterms/g/bldef_scramble.htm)

Here's the twist: As much as I'm sure you'd love to spend a few hours golfing with your significant other or best buddy...YOU CAN'T!! I'm drawing teams the old fashioned way, out of a hat. I will have some reliable witnesses on hand to be sure that I don't rig it.

#### WHAT WE NEED FROM YOU TO REGISTER:

- 1) A reply stating that you are IN.
- 2) How many golfers you are bringing with you.
- 3) A realistic assessment of your golfing skills and/or the golfing skills of the people you are bringing. In your reply e-mail, please state whether or not you belong in the "A" experienced group or the "B" beginner group.
- 4) Cash or a check for \$40 given to Don Zimmer. We MUST have a count into them by September 11th, which means Ron needs an answer from you by then. The course has a limited number of rental clubs available. Ron does have an extra set of mens clubs for use (first come first serve). We are working on some great prizes as well for the First, Second and Third place teams, as well as Prizes for Longest drive and closest to the pin. All this will be followed with a BBQ and awards at Paul and Sandy's house.

## Member Spotlight:

**Name:** Matt Hotts

**Born in:** Detroit

**Now live in:** Clinton Township

**Age:** 41

**Favorite Tri Discipline:** Biking, especially mountain biking.

**Favorite Post race food:** Pizza. Lots of it.

**Last book I read:** A Walk in the Woods, by Bill Bryson

**Last movie I saw:** the new Rocky Balboa movie

**Favorite thing to do:** mountain bike

**What most people don't know about me:** I climbed to the top of Mount Rainier in 27 hours with some buddies.

**Something my parents taught me that really**

**stuck:** They taught me about politeness...how to be polite

**Memorable event (race) or**

**experience:** Just finishing my first Ironman in Wisconsin and crawling back to the hotel like a little baby. I hurt so badly that my hair hurt and I don't have any hair.

**Memorable non-race experience:** The birth of my two children, Matthew, age 9 and Lily, age 6.

**Why I like the club:** There are some great people in this club to train with, and I like to challenge myself and improve. Having someone to train with helps motivate me and keeps me on my game..



## Traveling Infinite Hat

The Traveling Infinite Hat made an extensive European trip with Kevin Thomas to Munich at the Olympic Pool with former club member Andy Fuch (below). Kevin and the club hat visited (clockwise) Venice, Roth, Germany for the Ironman Challenge, and finally to Salzburg, Austria. Send in pictures of you in your Infinite hat for the next newsletter!



## Athlete's Corner

### Lumberman Tri

By: John Fleming

There were only 3 members racing (Kellie Kource, Dustin Turczynski, and me.) I finished third in my age group (16th overall). Kellie was 2nd overall. I did not catch how Dustin finished. Both of them were gone by the time I finished.



The wind didn't seem that bad, but it whipped the lake up in a hurry. At 8:00 the lake was flat calm. By 8:15, I would guess the waves were around a foot to a foot-and-a-half. The swim was pretty challenging and they had to delay some of the starts to rescue panicked swimmers. The bike course was great, but it was not flat and fast like 3D reported. The first half of the bike was a fairly steady climb with one hill that was like the hill going up to the golf course at Stony, only it was about 3 times as long and it came at about mile 9. There is a nice sharp hill going down at about 10.5 miles out (but you have to climb it going back). The wind was almost directly out of the west and the bike out was mostly into the wind. Coming back was nice. The run was around Lake Cadillac on a park path for most of the way (and a short run along M-115 which was kind of a drag). The last mile is in a Kellie Kource with her dog, Drake subdivision, and it was hard to figure out where the end was because the mile markers were not up (it was hard to tell if the aid stations were at each mile as reported). If I had been able to pick up my pace for a strong finish (it was hot and I was done by about 5 miles into the run), I would not have known when to start kicking it. Even with all these difficulties, it was a good race and I will probably do it again.



## First Time Boston 2009

By Craig Fitzpatrick

I qualified for Boston at the Detroit Free Press Marathon in 2008 with a time of 3:13:58. I was happy with my result, especially since it was only my second marathon ever. I was a little disappointed though because a good friend of mine who is a marathoner at heart failed to qualify. The plan was to go to Boston together. He had run Boston in 2003, but has been unable to qualify since. We trained together for months, and the goal was to simply run our qualifying time of 3:15:00. Well he got a little cocky, and blew up on Belle Isle. He finished in 3:41:08. So I was going to Boston alone.



This winter took its toll on my training. I'm pretty much a wimp when it comes to cold weather. I hate being cold! It's got to be at least 45 degrees for me to train outside. Needless to say I did most of my running indoors, which just isn't the same. Then in February, I developed severe Plantar Fasciitis in my right heel. I had to take several weeks off here and there, and my training really suffered. I considered deferring my entry to 2010, but decided to grunt my way through it.

So I drove to Boston with my mom and my sister. That's an entirely different story altogether. I had a great place to stay. A friend of mine lives in an upper flat less than a half mile from the finish line. She stayed with a friend for the weekend and gave us her apartment. Great location, but it was a 2 room apartment about the size of a Saturn Vue. Again, with my mom and sister an entirely different story altogether. We spent the weekend sight-seeing and eating at some awesome restaurants. On Saturday, we went to the Expo for packet pick-up. Now, this isn't like any Expo you've ever attended. We spent about 6 hours there. It was huge! It's like a Meijer for athletes only. They had everything there. Shoes, hats, clothes, gadgets, food, drink, services...you name it, it was there. It was truly amazing!

Race morning I walked 1/4 mile to the bus area for a ride to Hopkinton for the starting line. Stanley Krasovic really hooked me up. He gave me a bus pass he had purchased from a running shop in Flint. It was a private charter bus with a bathroom on board that drove us to Hopkinton. It was big and comfortable, and did I mention the bathroom! It also stays in Hopkinton until the start of the race. Fortunately, the weather wasn't bad, but this was definitely the way to travel. Thanks Stanley!

There is a short walk to the starting line. Okay, it seemed like forever. You're walking down the street with 20,000 runners of all walks of life (pun intended). The starting line is at the top of a hill. I was fortunate enough to start in the 5<sup>th</sup> coral out of 20, so I was still on the top part of the hill. I looked back behind me to see 15,000 runners corralled on a side street down the hill. It was an unbelievable sight.

When the race began, of course it took a few minutes to get to the actual starting line. It then took a few miles to get into a rhythm. The good thing is, it's downhill. I felt good. My heel pain was present, but not bad. "Just keep it cool," I thought to myself. 8 minute/miles is fine. Because of the winter training, and my Plantar Fasciitis, my goal was simply to finish in under 4 hours. Well, I was way ahead of that time for the first half. I was feeling pretty damn good. My heel hadn't gotten any worse, the weather was perfect. The crowd was amazing! For the entire race, there was no gap in the crowd. People were yelling and screaming for the entire 26.2 miles.

As I approached mile 18, I saw a pretty good hill. I had looked at the course map several times, and in my mind I was approaching Heartbreak Hill. I was still averaging 8 minute/miles and still ahead of my goal finish. I was starting to get really excited. First Boston Marathon with a 3:30 finish. "This is great. I just have to get up Heartbreak Hill, and the rest is downhill from the there." So I pushed up the hill, and now the pain is starting. My legs are getting heavy, my heel is starting to ache, and I'm feeling the typical downslide at this point. But that's ok, I'm over Heartbreak Hill. About 2 more miles down the road, I hear a guy in the crowd screaming, "cmon, you can do this. Heartbreak is just around the corner. You guys are looking great!" I started thinking to myself, "what is this guy talking about? We already climbed Heartbreak Hill." I then looked up the road to see the massive incline of Heartbreak Hill. I could have cried right there if there weren't so many people around. My pace went from 8 minute/miles to barely 11. And that damn hill is evil, because just when you think you're close, it turns to the right, and continues to go up. Heartbreak starts just after the 20 mile mark, and it's over a 1/2 mile climb. With under 6 miles to go, it took everything I had to finish in under 4 hours. 3:58:11 to be exact. I wasn't even running for the last 4 miles. I was throwing each foot forward with every stride. That hill took everything from me. *(Continued, next page)*



I walked ½ mile back to the apartment, which took about as long as the 26.2. We went out to dinner later that evening, and it was amazing how the town treated me. I wore my Marathon shirt with my medal around my neck, because that is what everyone does. I was like a celebrity. People walking down the street shook my hand, or gave me a high-five. They had no idea what my time was, but it didn't matter. Anyone who runs is a true celebrity, and treated as such. What a great experience.

My qualifying time is good for 2 Boston's. So I'll return for 2010. My buddy assures me he'll qualify at Free Press, so we'll see what happens. I will pay Stanley back with several charter bus tickets, and I will even lower my standards, and train outside more this winter. 40 degrees is fair I think!

## First Tri Ever!

By Paul Weber

Wow my first triathlon! Anchor Bay Tri – 2009. I woke about 4:30 a.m. Saturday morning unable to sleep any longer in anticipation of 6:00 a.m. registration and a final pre-race equipment check. I got to New Baltimore at 5:30 and set up my transition area then waited....and waited, and waited some more. Then, there they were,



like a swarm of bees in the transition area, the IMTC colors pictured above (Brett, myself, Krista, Nikki, Naz, Jon, Don, Julie, Dusty).

After meeting the other club members near the club tent and blabbing, it was time to head to the water. The start signaled and we were off!

**Lesson #1:** Manners and swim etiquette end at the first kick to the face, gut, head, side, eye socket, etc. and kindness turns into a sort of "aqua-derby" when the start sounds....and that's it, there is no mercy! There I was, swimming, and swimming, and swimming...."Am I alright? I'm fine!" I replied to the lifeguard when asked, "The water is beautiful today. As a matter of fact, I could probably swim to Canada with no problem. I'm coughing because the fumes from your jet-ski are making me nauseous and I'm starting to see dead relatives, so please go check on that guy out there thrashing about."

**Lesson #2:** Transitions are important. Mine went well from the water. I had my shoes and socks all set out on

my good luck towel...the one with that chalk body outline on it. I was in transition about 35-40 seconds and was off on my bike. I had a good ride and caught/passing a lot of people, a sweet way to make up time.

Transition from the bike to the run was much faster, however, the torrential downpour during the ride soaked my shoes and socks, which made them feel like 20 pound weights, but I was off and running to that rhythmic sound of "squish, squish, squish, squish."

Somewhere between the last swim buoy and mile 8 of the bike, I was exhilarated to no end, thanked God for allowing me to be there, and exclaimed that the triathlon is the greatest sport ever! It was a GREAT race!

## 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](mailto: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](mailto: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](http://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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## Quirky Pre-Race Member Habits

I always shave “everything” 3 days before a race.

– Craig Fitzpatrick

I have to drink 2 beers the night before with some sort of meat plate for dinner. I also wax my bike the day before (I think it makes me faster) – Kevin Merritt

I pump up the Pantera and Slipknot on my mp3

– Matt Hotts

Mid-race: Ice in the sports bra works better than ice in the hat for running in the heat. - Tara Lindstrom

Night before race: pasta dinner, 1 light beer; Sleep in yellow guest room. Morning of: peanut butter english muffin, 1/2 banana, 2 cups of coffee, works every time! No lucky clothes although I'm still uninjured so they must all be lucky! – Laura Fergle

I have a lucky bra. - Sandy Leonard

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