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President's Corner

By Paul Leonard

Spectating sucks! Well, not really. But, it is tough sitting on the sidelines. We've just returned from the Huntington Beach Marathon, along with screwing some things up during the race (I'll save that story for another day), I screwed up my ankle about 6 weeks ago and wasn't able to run the marathon I was signed up for.



Once we arrived in Surf City, Joe's buddy, Vinny, was hanging around the apartment. He's 23 and ran the Detroit Marathon last October in 4:42:00, but hasn't run since – at all. I told him he could have my entry if he wanted it, and maybe they could change it to the half. After all, he hadn't run in 3 months. After asking me several times if I was serious, he said he'd take it. "So, we'll switch to the half?" I asked him. "No, I'll run the full. I could run the half, but we're in Huntington Beach. I can't pass up the opportunity, so I'll run the full."

After asking him several times, if he was serious, all I could say was "good luck." So, Sunday morning rolled around, and we got Vinny to the start line with about 5 minutes to go. Vinny wrapped his head in a powder blue bandana, stuffed 4 gels into bright orange sweatbands pulled up on his forearms, and wore a mesh NY Yankee's jersey from the 70's. Vinny was a sight. Regardless, 5 hours later I found him at mile 23, still running, and followed him to the finish line (on a bike).

Youth? I'm sure that had a lot to do with it, but attitude I think was the key. Vinny never questioned it, he committed from the first mention of the opportunity and never let any doubt come into mind. Results didn't matter, there were no buddies or girlfriend around to impress, it was all about the experience and living in the moment. Truly impressive!

So, what's your next race? Sprint, Half, Full Ironman? Can you do it? I know you can. Do you?

Up for a Winter Challenge?

With the February doldrums just about everywhere you turn, one sure way to shake free is to throw yourself a challenge; you know, try something different. A winter trail run may be just the thing you're looking for.

On Saturday, Feb 21 at 10 a.m. we are going off road: running the North trails at Bald Mountain Recreation Area. There are 8 miles of reasonably well-groomed, hilly hike / ski trails, laid out in three interconnected loops of 2-, 2- and 3.6-miles. Choose any combination of loops, repeat 'em if you want to, and get the mileage you are looking for in a natural woods and wilderness setting.

What is "reasonably well groomed"? Packed snow that is pretty level, providing good footing- light years better than what you are encountering right now if you are using either Paint Creek or Macomb Orchard trail. And yes, if choose you to do so, you can opt instead for either cross-country skiing or snowshoeing.

All welcome; this means non-Club members too. The run is free, with minimal support provided: maps and gatorade only. (There is a \$6 daily use park fee; honor system.) Those interested can stop to rehydrate and refuel after the run.

So try a different yet still nearby destination this month (it's only 12 minutes from downtown Rochester). Email Sir Patrick or Kelly Kource if you are thinking of coming out to this. Add email address here:

Winter Trail Run - Saturday Feb 21 at 10 am.

Location: Bald Mountain State Recreation Area

From downtown Rochester, North on Orion Road to Adams Road; right (North) on Adams to Stoney Creek Road. Right (East) 1/8 mile to Harmon; Left (North) on Harmon about 1 mile to the parking lot (left side of road at Harmon & Predmore).

- Refuel afterwards at Big Boy Restaurant, which is back (south) on Rochester Road at Tienken.



Club Meetings Now in Rochester

Infinite has selected a new meeting location for its monthly club meetings:



The Rochester Mills Brewery, located at: 400 Water Street, Rochester, 48307 at 7 p.m. on the third Wednesday of the month.



Please join us if you can!



Members gather at Rochester location for monthly meeting.

3rd Annual Infinite Christmas Skating Party Big Success

By: Ken Sanko

The third time was the charm....A good time was had by all on Saturday, December 27th. The Christmas party had a different activity (ice skating) and dining option (Hu Hut) than in years' past, and I believe it was enjoyed by everyone.

The first part of the party was the ice skating at the old Fraser Hockey land now called Great Lakes



Sports Arena. I really enjoyed seeing some true athletes look a "little" uncomfortable on their skates as they circled the arena. I guess the term

MULTISPORT applies to our club since I believe there were 15-20 of us circling the ice for an hour. Unlike the hazardous running on ice experienced by some of our members this past winter, nobody took any tumbles or bad falls while skating, so this ice proved a friendly foe in this scenario.

My favorite part of the skating was hearing Michael Rice tell Jerry Robertson that "It was fun passing a hockey puck around and it was something he always wanted to do." I didn't realize bringing my hockey stick would create such a great and first-time opportunity, but it did, and that's what this club is all about...attempting to grow/accomplish something new for ourselves with somebody else.

The dining party at the Hu Hut was a great scene of 2+ long tables filled with members and spouses exchanging all sorts of pleasant and energized chatter. The fact that we now need name tags indicates how we have grown, and that is a great sign. The meal was a stir fry created by each person of INFINITE choices of meat, seafood, veggies, sauces, spices, etc. I enjoyed the meal and was glad to see the group all gathered together. The meal was also a nice change from the typical holiday meals that surrounded us during the holiday.

My final thought regarding the party is one of appreciation so I just want to thank Sue, Nicole, and everyone who assisted in the setting up of the Christmas party. Also, a big thanks to Sandy for getting us the ice time. We're looking forward to next year. Rock climbing? Bowling?

Member Spotlight

Kellie Kource

Born in: Pontiac, Michigan

Age: 29

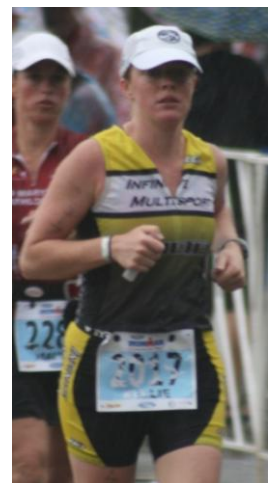
Favorite Tri Discipline:
Running

Favorite post-race food: Pizza

Last book I read: "Fourth of July" by James Patterson.

Favorite thing to do:
Triathlons.

What most people don't know about me: I thought I was going to college on a basketball scholarship, and then I ended up inactive and not involved in any sports for several years. Also, I absolutely hated distance running and



thought it was pointless. But now after all this time, I really enjoy it and completed my first Ironman last year in Lake Placid, New York.

Interesting personal best: I once played against my sister 50 straight games of Monopoly and only won once. It was the summer when I wasn't working before I left for college. She loves to remind me all the time.

Memorable event or experience: During the Marine Corp. Marathon last summer, I was running behind two Marine guys who only had one leg. They were encouraging everyone and in good spirits, and it made me think about things differently. It made me think about all the people who can't do what we do and would love to. In the big scheme of life, it made me value what I have and remember not to take things too seriously. Just have fun with it and enjoy every moment.

Advice to other athletes: I think you need to know the reason why you're doing what you're doing and putting yourself through this. You really have to have fun and enjoy the challenges that this sport offers.

Traveling Infinite Hat

The Traveling Infinite Hat made a trip to Niagara Falls, New York on the Canadian side, with club member Jay Adams and his wife, Virginia, (pictured right) during the Thanksgiving weekend.



The Infinite Tri Hat made its way to Huntington Beach, California where Sandra Leonard (pictured above left with husband, Paul) competed in the half marathon.

Athlete's Corner

Bigfoot 2009 *by Kevin Thomas*

Wow, as a first timer it was a great! The longest hardest 5k I have ever run...ha ha!

Race day was a balmy 10 degrees but very sunny with about 12-18 inches of snow on the ground. After picking up the registration packet and getting the



snowshoes, we sat around the lodge trying to figure out how to get them on. There were about 200 people signed up and in the coral for the start. Took about 30 seconds to get to the start line after the gun went off. A little different running in snowshoes trying not to step on the snowshoes of the person in front of you or your own, I fell once early on. The race started on a trail that was about 10 feet wide, most of us made the mistake of starting to far back so our pace was dictated by the folks in front of us, Gerald made the right move, by moving up closer to the start line.

We went about several hundred yards to find Gerald on the side of trail putting his snowshoe back on, an early blow out!!! After a short distance the trail took a turn right into the woods were it became a single track, everyone was in single file making it almost impossible to pass anyone. Then the trail would widen back out to another ten foot section were you had to make your move. But even running at a 10 -15 minute pace was a pretty good effort.

As we were going along Ed, Sue and myself were pretty close together, Ed opened a lead, then threw a shoe to allow Sue and I to catch him. As I passed I asked him if he was OK, but hey, the thought of pushing him in the snow did cross my mind..JUST KIDDING!!!!.. I think Sue did stop to tie his



shoe for him...:-) Ed did catch me around the 2.75 mile mark while Sue and I stayed pretty close together for the whole race.

Once we finished they had a great feast of Chili and some great breads. Prithvi his wife, and Jeff said they had a good race and also enjoyed it. Gerald was the only brave sole in the group that decided to do the 10k. And as I wrote earlier we saw him on the side of the trail fixing his snow shoe, well as it turned out that was not the only time he had problems with his equipment, he said that the snowshoe was coming off every 100 yards, finally on the second loop he decided to just remove the snowshoes and run in his running shoes. What a great workout!!!

The overall trophies were the coolest thing I have ever seen, they were actually 3 foot tall statues of Sasquatch (*see photo above*). I had to borrow one from one of the winners to take a few photos. Then of course the balance of the day was awesome omelets made by Jeff and then wine tasting tour of the Traverse City area, then to a nice dinner later that evening, and of course cocktails back at the condo, telling tails of the day till early in the morn.

Looking forward to next year, I would maybe train a little harder, tweak the strategy a bit and win one of those trophies.

Maintaining Fitness This Winter

By Kris Armstrong

I love winter. As triathletes we spend a great deal of time during the warm months training. So when my last race is complete, I stop working out and just have fun cross training without keeping a schedule. Before the snow hits I like to hit the trails with my mountain bike or when it does snow, cross country ski. Swimming turns into therapy sessions with no lap counting. I try to spend as much time with family and friends as possible to make up for all the weeks of steady training.

This year Rose and I trained together for the Turkey Trot and New Year's Eve Belle Isle 4 miler. Short races are fun, require little prep and there's usually a group from the club there to make it even more of a good time.

I also like to spend the winter months assessing my past season and planning the next. What were



the highlights? What would I have done different? I like to read books on training or technique improvement or just refocusing on fundamentals.

Stay active but, try to take a break from the hard core training of summer. In the long run your body will thank you.

Does your bike fit you?

By Kris Armstrong

I thought my bike fit me as well as a bike could fit a human. We have all experienced a little discomfort riding our bikes, especially if you've trained for a century or long distance triathlon. Many of us have been through a bike fit and have seen improvements but still aren't completely satisfied.



This summer I started working part-time for Macomb Bike & Fitness, the shop I've been a customer for nearly 20 years. The owner Jeff Radke thought my experience would help in fitting customers. What I found was that the "Fit Kit" we are using only went so far in setting up the bike for the customer. There was always some fine-tuning to be done. A minor adjustment could make a major difference in a rider's comfort and efficiency.

The bike shop sent me to Waterloo Wisconsin in August last year to be informed on the new products and services Trek was offering for 2009. The Fit Services presentation was most interesting to me. It seemed to be what was missing from the "Fit Kit" process, a more individual assessment of each client.

The measurements of the client are only a fraction of what is required for a proper bike fit. The Trek Fit Service process takes into account the rider's flexibility, range of motion and riding style to determine the best riding position. I decided to go to their November Level 1 seminar in Chicago for road bike fit. I was surprised how much my own position improved. I thought the back spasms I experienced during the run at Muskoka were core strength related. The real problem was the stress in my lower back during the bike leg of the race.

I have registered for the February Level 2 Seminar in Portland. Level 2 will address cleat position, time trial bike fit and mountain bike fit. For a limited

time I will be offering free fits to club members. This will help me gain valuable experience and I hope, help some of you increase your cycling enjoyment. Please let me know if you would like to participate.

Why I Tri

By Bonnie Quinn

(This article is a continuation from the last issue..) I wanted to share a little about how I became a triathlete. As I talked with my kettlebell trainer - Bob Budai, the excitement just poured out of me. I explained that I had just jumped out of my old world and into my new world and I was never going back! That's all it took and I was hooked! Since then I have participated in the following events:



The Craig Greenfield Memorial Tri and Du – got 1st place Athena. Lessons learned there – a half bagel and a half of a flat coke does not count for breakfast for a triathlete! I also took the scenic route in the water. Oops! My bike had another chain problem and this time I had to stop to put the chain back on. This problem was getting old. But I took home a 1st place medal – hooked even more! I'll tell you about my bike story.

The T-Rex Tri – 9th place out of 19 in my age group. I missed winning that cute little stuffed dinosaur by 5 minutes. Gotta work on my running! Only two women in my age group had faster bike times than me – and looks like they are part of the super fast club with overall finishes of #16 and #96. I finished #219 overall.

The Autumn Colors Tri and Du – got 1st place Athena. Did it without a wetsuit with no problem at all in 70 degree water temp. (Thank you Motor City Mile!) I used my mountain bike for this race. I had practiced the course a few times already so I was ready for “the killer hill.” I trotted along on the run – lots of people passed me. The best part of that race – had I entered in my age group – I would have come in SECOND place! Yippee! I'm making progress!

Apple Cider Century - was the next event on my calendar. I slept in the park in my minivan on an air

mattress and got up at 4:30 and headed over to the pancake breakfast. I had no idea what I would feel like at the end of the day or if I was even going to be able to finish the 100 miles. I had trained up to 72 miles so I figured I could do 100 miles – but what did I know? I headed out at 7:15 and it was a beautiful morning. I happened to be leading a group of about 20 guys at about mile 15 and I took a wrong turn (oopsie) – I followed the painted apple directions on the pavement and the guys kept following me. We all kept going until we realized that there were no more painted apples to tell us which way to turn. We ended up adding about 11 miles to our century ride after we finally made it back to the course. I had a great time. There were some hills from about mile 75 to mile 90 but I just tried my best to hammer through them. In fact – I was still hammering my way through the last 8 miles to the finish. I got a cramp in both my inner thighs around mile 80 but I just rode right through the pain and the cramping went away. I made it to the finish at 3:30 in the afternoon. I think my rest stops were about 15–20 minutes each. I drove the three and a half hours home that night. I felt just fine the next day too. Nothin' to it I guess.

My last event for the year was the **Brooksie Way** half marathon. This would be my first half marathon. I had trained up to 11 miles so I figured I could do 13.1 miles with lots of people cheering on the sidelines. I had one goal – to complete the race without walking. People talked about the hills – I had one goal – no walking! It didn't matter if I was climbing a hill or heading down the other side – I was NOT walking. That's all that mattered to me and I completed the race without walking! I finished in 2:34:57. Ok for me – but I gotta work on my running. Everything hurt – not real bad but I had definitely worked more muscles than ever before. My insteps ached, my knees ached, my hamstrings, my quads, even my ankles – everything was tight. It took me two days before I could walk down the stairs normally. But I was so happy to have successfully completed my first half marathon!

And here's my bike story. After I got my medal from the Craig Greenfield Tri (and I was on cloud nine) I headed directly to the bike shop I had been making all my tri purchases from and I showed them my bike and how the chain kept falling off when I changed gears. They made an adjustment

and told me that's the best they could do with what I had – but that since I already know how to ride – and that I was riding a dinosaur – what I really needed to do is look at this \$3800.00 bike. I went home to share my enthusiasm with my husband – as it turns out - he was actually less than enthusiastic about me even thinking about spending \$3800.00 on a bike. Can you believe that! I headed to Stoney Creek the next day to check out the bike adjustment and yep- my chain fell off again. What's a girl to do? I called my brother – he rides mountain bikes. He said call his friend Frank. Frank owns KLM bikes. I called Frank and stopped by to show him my bike (asked him not to laugh) and then got measured to know what size bike I needed. I had been looking on Craig's list for a used bike. The next day he had three bikes for me to take for a ride including his own tri bike! THIS WAS MY LUCKY DAY! I am now the proud owner of a 2005 Giant Trinity with awesome upgrades. I don't even understand what I have – but I figure if a bike shop owner who can have whatever he wants put these bells and whistles together – then it will work for me ...and that it does. I can't go as fast as this bike can go!!!! I test rode it for 6 miles at Stoney Creek and then headed over to the T-REX Tri that evening – like I mentioned earlier – only two women in my age group had faster bike times yadda, yadda, yadda! I had just one question about the bike for Frank – can I do an Ironman with this bike? Yep he says.

But you'll have to wait till 2010 for that story.

It's all the excitement – that's Why I Tri.

Getting Into the Game...

By Kevin Merritt

I started doing triathlons in 2005 to simply lose a little weight. I started running, but hated it, so I signed up for a sprint distance triathlon. I then decided that I better ride a bike and swim as well as run. I did my first race and LOVED crossing the finish line. That winter I got a flier in the mail from Team In Training (TNT) so I went and listened to what they had to say. I was a little worried about signing up for I felt that I wasn't "good" enough to join a team but I did. The reason I did is because my father-in-law had thyroid cancer and prostate cancer. I thought to myself that TNT is for blood cancer at first but if we can find a cure for one type of cancer



then the rest will follow. Basically I wanted to do something in return instead of just raising money. Since then I found Infinite Multisport to keep the drive to continue to get better in the sport of Triathlon and train with others. I also do many things through TNT like coach once a year and now I am fundraising for two events. One of the events is the Lake Placid Ironman and there were 15 of us that went out to Lake Placid in 2008, all friends through TNT. We cheered all of our friends on, including Paul, Kellie, and John (Great job everyone!). When it was over we all signed up to race in 2009 and thought "we all are TNT alumni so why don't we raise money like we have in the past and give it to TNT?" So here we are, raising money in many different ways and with support from many of you on Infinite Multisport. Our club has grown as well through TNT, fellow members of TNT have joined IMTC over the years and currently on my TNT Gulf Coast 70.3 team are Chris Floriano and Brian Murphy. On the Detroit Iron Lake Placid team with me are Jared Pomranky and Jason Lyngass. There are also others that plan on joining that are currently on one or the other of my TNT teams. Triathlon is a great community that trains together, cheers each other on, and most of all is very supportive of each other. I wanted to take this time to thank all of you on Infinite Multisport for your continued support in all areas.

Some of the upcoming fundraisers for Detroit Iron include the Bikini Mile at Black Finn in Royal Oak on Feb. 7th at 12:00 (noon), calendars (some pictures shown), Bowling on Feb. 21st at 8:00pm at Rosebowl lanes, 24Hr of Ironman at Fraser Bike Shop on March 14-15th. If you are interested in any of these please let me know so I can get you more information. Kevin.merritt@metroaircomp.com or 586-524-6113 cell.

Hanson's Sponsor Club Meeting at Utica Store

The November 19th, 2008 Infinite club meeting was an enjoyable night at Hanson's Running Shop. Although many of us had used our club discounts in the past, it was great to take advantage of the 20% discount with the winter running season drawing near. Bob Busquaret, Hanson's promotional director, provided us with a brief explanation of their shoe fitting techniques and specifically addressed the different styles of winter trail running

shoes available. After fielding several questions from our club members concerning the current status of some of their elite runners, including Brian Sell, we concluded the meeting enjoying the pizza and beverages provided by our host and team sponsor. We left the store with some great purchases and were invited back in the spring to have another club meeting at our convenience. We will be looking forward to some spring weather and clothing for sure!

Racer's Recipe Corner

From the kitchen of Laura Fergle: "I made these things today and both turned out good so thought I'd pass them along. I only know point values for the soup (a point can vary between 60-80 calories, depending on fiber and fat grams)."

Potato Soup

1 pkg. Ore Ida O'Brien Hash browns



3 cans fat free chicken broth

1 pkg. country gravy mix (original, not fat free)

1 cup grated carrots (I buy bagged in produce section already grated)

Cook potatoes and carrots in the chicken broth on medium heat for about 20 minutes. While this is cooking, mix the gravy in 1/2 cup water and whisk to remove lumps. Gradually, add gravy mix to soup after vegetables become tender. Simmer for an additional 10-15 minutes. The gravy gives you the seasoning you need for this soup- no need to do anything to it! 1 cup = 1 WW point

Pumpkin

Brownie Muffins



1 box chocolate devil's food cake mix

1 can solid pack pumpkin (15 oz., pure pumpkin, not the sweetened stuff)

Mix the two ingredients together. Don't add anything else from the cake box. This will be very thick and lumpy- supposed to be. Place batter into muffin tins lined with paper or sprayed. Bake at 400 degrees for 20 minutes. Makes 12 regular muffins or 36 mini muffins.

1 regular muffin or 3 minis = 181 calories, 3.5 g fat, 2 g fiber- 4 WW points

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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Member Benefits

Club dues are \$30 for the year and due in January each year. This is a reminder to pay your dues now. Letters will be coming out to renew your membership. 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.

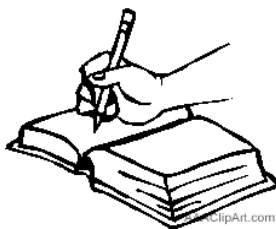
Engineered Athletics – Discounts on VO2 max testing, RMR testing, Body Fat testing.

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

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

Writer's Corner

We are always looking for stories about your experiences racing and training, and photos are welcome too! Please contribute your articles and photos to the newsletter editor at: joellen61264@yahoo.com. Thanks!



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