



Infinite Multisport News Sept. 2008

Contact us at: infinitemultisport.com

President's Corner

By Paul Leonard

We've just returned from a trip to Louisville to take in the excitement of an Ironman event. We went to cheer on a few club members, and more importantly, good friends, who were out there giving it their all.

During the trip, among other things, I found myself pondering, "Why do we race? Why do we spend so much time training? Why do we have this triathlon club?" And while I'll not list all the thoughts that came to mind, I can't help recalling a phrase I heard from a teammate last night, "It really meant a lot to see everyone out on the course cheering for me. Thank you for coming."

I've often said that the camaraderie of the members is one of the best attributes of our club. So, when I heard that thank you, one of those questions was answered. For me, it was as exciting seeing two friends crossing the finish line as it was for me to have done it myself. I knew what they were feeling out there, and I know all the time they had put into training, and the sacrifices they made to get there.

I'm glad I was able to give my teammates a boost when they needed it, and I know my teammates will be out there doing the same for me when I need it. In fact, some of them were out there in Lake Placid, standing in the rain for hours, and when I was walking with two miles to go, they were out there yelling. I gave them a smile and I knew I'd better start running and get my tail across the finish line.

I know we've got some fast people in this club, but for a lot of us, we're not making the podium, we're out there in the middle of the pack. But that surely doesn't make our efforts any less significant. When I post those results every week, I'm proud to see the accomplishments of each member, no matter where they finish, and I know the whole club looks forward to seeing who raced and where, and they all want to hear each others war stories when we get together at



Patrick Chandler in uniform

the next workout or monthly meeting.

So, thanks to all of you, who make this club what it is. We'd be nowhere without all of you!

End of Season Race Gear

Take advantage of club items immediately for sale. Make requests to Paul or Sandy Leonard.

Available now:

- 10 race hats (\$20)
- 2 race visors (\$12)
- 1 small short sleeve tech shirt (\$15)
- 6 med. short sleeved tech shirts
- 9 large short sleeved tech shirts
- 3 extra large short sleeved tech shirts

Women's Racing Uniforms:

Tops- 1 xl, 1 large, 1 small (\$45)

Bottoms-1 med, 2 small (\$40)

Men's Racing Uniforms: 1 xxlarge top

Those interested in a new uniform for spring need to order by **January 1, 2009**. Pactimo.com is the site to see an extensive line of team wear such as skin suits, arm warmers, long sleeve shirts and hats. These items can be ordered in as few as five piece orders. Get together with your friends and see who can be the first to wear Infinite accessories.

Annual Infinite Halloween Party Planned



Get your spooky stuff on for Infinite's annual Halloween costume party **Saturday, Nov. 1 at 8 p.m.** hosted by Sue and Jeff Pirtle. Bring a dish to pass or snacks. Check out photos from last year to see the fun we had. It's a great chance to meet everyone and exchange race stories. Email invites with directions are going out soon.

Club Tri/Picnic Provides Fun for Adults and Kids

By Joellen Haines

There was something for every competitor of every age August 16 at the Infinite Multisport



Annual Club Tri/Duathlon held at Stoney Creek's Baypoint Beach. The adult tri/duathlon kicked off the day's events, followed by the kids tri/duathlon and a hearty picnic and raffle. The weather was perfect, there was a relaxed atmosphere of competition, and it was great social event for the club. Fraser Bike, MIHP and PowerBar generously donated items for the raffle, including race jerseys, tri-socks, boxes of gels and protein bars, water bottles, backpacks, gift certificates and more. Don't miss this event next year. We will give you plenty of notice to mark your calendar.

Tracy Ryckaert Offers "The Edge" at August Meeting



Tracy Ryckaert, a long-time active club member and Performance Enhancement Specialist, challenged our club members during the August meeting to bring their athletics to a new level. By taking advantage of

the many services of the Michigan Institute of Human Performance (MIHP) we can become aware of the asymmetries in our bodies contributing to chronic pain which undermine our athletic potential.

Through the use of biomechanical assessments, periodized sports-specific training programs and biweekly consultations with an MIHP specialist to update programs, we can become pain free. The re-education of our muscles cannot only elevate our athletic achievement levels, but more importantly, extend and enhance our sports lives.

With the marathon season and Ironman distance races coming nearer, we are rethinking those chronic aches and pains, and I'm sure many of us will be paying her a little visit post-race time! By forcing us to revisit our training strategies we may have the edge for next season. Contact Tracy at: tryckaert@mihp.net (article by Sandra Leonard)

Member Spotlight

Sue Lyons

Born in: Michigan **Age:** 53

Favorite Tri Discipline: I like duathlons.

Favorite post-race food: Gatorade

Last book I read: Tuesdays with Morrie

Favorite thing to do: Sleep or cycle.

What most people don't know about me:

I'm a competitive figure skater. In my age group and level, I'm 11th in the country. I went to the adult National Championship in Lake Placid this past April and skated on the same ice as the U.S. Hockey Team when they won the gold medal.



Sue Lyons with medal

Interesting personal best: I competed in the Michigan Senior Olympics in Rochester (for 50 plus year olds), medaled in all four events, taking 2nd place in the 20k road race which qualified me for the nationals.

Memorable event or experience: Finishing my first duathlon. I shocked myself. I had never done anything multisport

before. I finished and I medaled, and I astounded myself. That is when I got hooked, just two



years ago. I'm glad I proved some people were wrong. Don't listen to the negative.

Advice to other athletes: Don't ever give up. It's hard to stay motivated, but keep going. Keep trying. And that goes for life in general – never give up!

Traveling Infinite Hat

The Traveling Infinite Hat made an overseas trip to Shanghai, China to celebrate Olympic Spirit. Jon Haines is pictured here on his recent trip during the Olympics.



The Traveling Infinite Hat also made a stop in Madison Wisconsin for Trek



World 09 and got in a photo with Gary Fisher (right) and club member Kris Armstrong
Everyone is welcome to submit a picture in their INFINITE HAT in places all over the country and the world. Happy traveling!

Classifieds

FOR SALE:

'05' Trek Madone 5.9SL,
Dura-Ace, 58cm carbon
frame, \$1875

'08' Redline Monocog single speed 29er, 21" steel
frame, MTB and road tires (great all season training
bike) \$425 Anyone interested in either bike can
email me at karmstrong@dominontec.com or
krisarmstrong@wowway.com

Louis Garneau men's Ergo-air cycling clip-on
shoes. USA Size 11 Eur 44, \$25 Contact Jon
Haines at 586-610-3752.

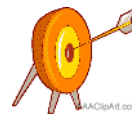


Ironman Lake Placid, July 21, 2008

On Target with Tracy

Now is the Time

By Tracy Ryckaert



As you find yourself evaluating your season's performance and setting goals for 2009, you should be considering a winter workout program that complements your chosen sport. By the end of the season, most athletes have developed compensations causing numerous asymmetries through out the body. One shoulder may be sitting higher, or you may note tightness turning one direction compared to the other, or the strength of your quadriceps may be inhibiting the hamstrings or glutes. Eventually the amount of energy needed to fight these asymmetries in race conditions will take away from your overall speed and endurance. It's important when designing your winter program to ask yourself the following questions:

1. Is my program designed for an endurance athlete or a power lifter?
2. Does my program incorporate exercises to lengthen the tight lat muscles I have developed with swimming and cycling?
3. Do my exercises require me to stabilize on one leg in standing (like running does)?
4. Do my exercises require me to turn in my thoracic spine (like swimming does)?
5. Am I challenging my core with exercises that require me to stabilize my abdominal muscles with rapid upper and lower extremity movements (like swimming, biking, and running do)? Haven't seen too many crunches or sit ups being performed in a race.
6. And last but most important, Is my program designed for ME? If it is, it probably shouldn't look exactly like my training partners' program.

Tracy Ryckaert, PTA, NSCA-CPT
Director Performance Enhancement
MIHP (586-268-6942)

Tryckaert@mihp.net

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

Athletes Corner...

Ironman Lake Placid

By Jon Haines

July 21, 2008 is a day I will never forget; it was a day of extremes - extreme endurance, distance, weather and emotions.



Paul Leonard, Kellie Kource and Jon Haines in Lake Placid.

The morning started early with a pleasant breakfast, relaxed atmosphere, friendly conversation, and no rush to the transition area. Kellie and I showed up with plenty of time to get ready and prepare for the long day. I waited in the Porta-John line for about 30 minutes; I did not want a repeat of the Detroit Marathon. I would not see Kellie again until the first few miles of the bike, and I would not see Paul again until the second lap on Haselton road.

I remember floating in Mirror Lake waiting for the start, looking up at the clouds, and realizing all of the work and sacrifice I had put into this moment, and I wasn't going to let it go by without enjoying every second of this day, and I did. I believe that moment was when I won my personal race.



Throughout the entire day, I used that thought to propel me forward when I didn't want to push as hard as I was pushing myself. I smiled at every volunteer I saw, and spoke with every athlete that would talk to me. I have told the story to anyone who would listen, about the single legged amputee that rode with me most of the day. I asked him if he lost his leg during the swim portion. After a good laugh, I learned that he didn't.

When I had to take the Papa Bear Hill, I took it like it was the last thing I had to do that day, and fed off the energy of the spectators. A portion of

the race had a Tour de France look and feel, to include the spectator who perched himself on the hill dressed like a red devil chasing people with pitchfork in hand. I took the downhill section like a kid on his bike for the first time, even though the rain beat on us like a power washer. On the long lonely section coming out of Upper Jay, I thought about how lucky I was that I could physically do this when millions of others could not because of physical impairment and of course millions of others would never even TRI.

Then I saw Paul after the turn around on Haselton road. and yelled something at him out



of excitement, then thought, "Oh no, he's going to catch me!" What can I say, I'm competitive. After 112 miles, I was so happy to get off the bike that I felt

ecstatic to run a marathon. I stuck to my planned 6-minute run 1-minute walk for the first 18 miles, then started to walk a little bit more and more. I still smiled and thanked every volunteer I could and talked to every athlete that would talk to me. Believe it or not, but some people do not like to talk while competing in an Ironman.

Then out of the dark clouds came a ray of sunshine and the rain stopped, and I saw the sign that said, "Finishers right, 2nd loop left" dead ahead.



Kevin Merritt, the famous YouTube celebrity, actually gave me a high five and told me I was an Ironman. I started pumping my fists, giving high fives, yelling at the top of my lungs and sprinting for the finish line. I looked behind me and no one was closing in on me, no one was in front of me, and on this perfect day I had the perfect finish.

Thank you Infinite for the training partners who suffered through my endless chatter and thank you to my wife for picking up my slack and letting me have this day. I love you Joellen.

Spirit of Racine ½ Ironman

By Nicole Piersante

I love all sorts of things. I love biking, running, yoga, Mr. Rinkles; I have even grown to love swimming. In fact, I love most everything, most of the time. What I do not love, is a DNF (Did Not Finish). Early in the season I had a bad day at a ½ Ironman race, but I had to ask myself – “When you are riding the “PINK WONDER” and are a member of Infinite Multisport, how bad can it be?” I still felt really bad since I spent the whole winter and spring training, and I had to keep telling myself, “I am better than



this.”

So, what did I do? I told Bryan Sieber I needed to do another ½ Ironman this year, and he had to find it, but it had to meet certain criteria. It had to be a well-organized event which included an awesome swim, a great bike course, and offered lots of support. Bryan did some research, and we decided to do the Spirit of Racine, in Racine Wisconsin.

The web site boasts a “RED CARPET EXPERIENCE,” and they are not exaggerating. It began the day before the race during packet pickup, where a volunteer walked us to the area to rack our bikes. They had several people on hand to answer questions. It was great.

On race day it was more of the same treatment. We did have a race delay, at the swim start because of fog, but they kept us constantly informed of the situation and got us into the water as soon as possible. The 1.2 mile swim was in Lake Michigan, and the water temperature was 55 degrees, brrr, but not so bad with an insulated swim cap. We swam with the current; some people called it a rip tide because times were so fast.

The bike course was an exciting 56-mile course through the scenic countryside of Racine County. The course was mostly fast and flat with a few rolling hills. There were plenty of aid stations, and the sheriff’s department was directing traffic. The run was 13.1 mile double out-and-back

along Lake Michigan and through the town. The course was flat except one hill at the beginning that you had to do twice. There was a great deal of spectator support on the run course and aid stations every mile. The finish was amazing! Definitely a race to consider!

Services

If you are looking for a fun, experienced and energetic child care provider for you children on weekends or some weekday nights, then look no further. I am a certified teacher with 13 year of experience. Give me a Call at (586)770-7574 – Nicole Piersante



BEARSS PAINTING & Home Improvement

<http://www.bearsspainting.com>

- Excellent References · Professional Services
- Free Estimates · Located in Rochester Hills, MI
- cell: (248) 840-5501 office: (248) 299-7920
- Club Members Tara Linstrom and Jason Bearss

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

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

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

LIFE DOESN'T STAND STILL AND NEITHER SHOULD YOUR INVESTMENTS.

To see if rebalancing makes sense, call or visit today to request a free Portfolio Review.

Paul S. Leonard

Financial Advisor www.edwardjones.com Member SIPC

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

Edward Jones
MAKING SENSE OF INVESTING

Member Benefits

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

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

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

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

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.

Infinite Multisport Board Members:

President: Paul Leonard

paul.leonard@infinitemultisport.com

586-899-0331

Vice President: Patrick Chandler

patricklchandler@gmail.com

586-549-8214

Treasurer: Ken Sanko

tbken07@comcast.net

586-703-7767

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

Publicity Chairman: Kevin Merritt

Kevin.merritt@metroaircomp.com

586-524-6113

Webmaster: Tara Lindstrom

misstaraml@hotmail.com

248-520-2048

Newsletter Editor: Joellen Haines

Joellen61264@yahoo.com

586-783-3999



Ironman Lake Placid, July 21, 2008

Infinite Multisport Sponsors



Auf Wiedersehen Herr Fuchs

After 2.5 years statewide, Andy Fuchs makes his way back to family, friends and his former life in Munich. Who knew that an engineer could have so much personality? Or be so willing to share his knowledge of sport, beer and cake, swim drills (with a complete training program left behind as a legacy), cross-country skiing, regeneration, "trekking" bikes, and so on.



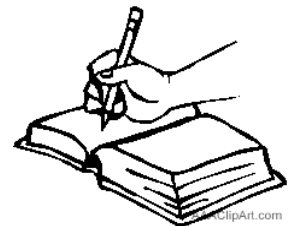
The charm of it all is that you immersed yourself in the American culture and way of life- experiencing it without judgment, just taking it in. And you made the most of it.

Andy, your Michigan friends wish you the best in life: family, career, sport, health and happiness. Send a few photos once you get home!

Contact us at: infinitemultisport.com

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!