

Infinite Multisport Club NEWSLETTER

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What are we getting into?

The boys are ready for 5+ hours of racing

From the Editor

Hope you use the monthly training calendar as you plan your workouts. Motivate yourself, and others, by coming to Club training events.

And support these upcoming events with Club members participating:

June 25	Motor City Triathlon
July 8	Anchor Bay Triathlon
July 15-16	Michigander Bike Tour
July 30	Mackinaw Mix

Monthly Meeting

Club meetings are normally held on the 3rd Thursday of each month, but NOT this month.

The next meeting will be June 22nd at Wok Inn at 7pm (Hayes Road at 19½ Mile, Sterling Heights).

Seahorse Challenge Results

Jerry Robertson knocked down a very, very solid 2:48:52 for Olympic distance at the Seahorse Challenge earlier this month to finish 3rd in his age group. (His first race at Olympic distance.) We think of Jerry as a powerhouse of the bike, but would you be surprised to know he was 1st (age group) in the swim? Guess we better listen when Jerry offers a swim tip.

Willow Duathlon Report

Willow Metropark – May 6, 2006 by Glenn J. White

The Willow Duathlon historically kicks off the racing season for many multisport athletes in the Detroit metro area and serves as a gauge for the year to come. If results from the Infinite Multisport Club were any inclination, this will be an exciting year. The Club represented in a big way with age group awards going to several Club participants.

What started as a brisk and windy morning quickly warmed into an excellent day by starting time. Only 151 racers were present but many area elites were ready for spring's first step including Joe Deighan, Eric Fernando, Cheryl Klotkowski, and Hawaii Ironman record holder Laura Sophia.

On the men's side Joe Deighan bested Eric Fernando by a whopping two minutes with an overall time of 1:06:05 with blistering run and bike splits. Between the women, Laura Sophia showed what champions are made of, winning by only eight seconds over Cheryl Klotkowski.

Our Club racers had a banner day as well:
Jerry Robertson: 1st Clydesdale
Don Zimmer: 1st age group
Paul Leonard/Ken Sanko: 1st relay
Sandy Leonard: 2nd age group
Rich Sirko: 3rd age group

Patrick, Glenn & Debbie also had strong results.

I was impressed at the times and the competitiveness of the field, and by the improvement of times from those in the Club who participated last year.

One more thing...it was good to see that no one takes things too seriously and was ready to get "down on the farm" with some butter and syrup at Bob Evans after the race. A good time was certainly had by all as this day resulted in more than just a race, but a day of enjoying the accolades of our fellow club members and the merits of their hard work.

Several Climb the Ladder to Half-Iron Distance

Sylvania Ohio –June 11, 2006.

Wherever you're at individually, if you want to jump up to the next race level, find a (relatively) easy course for your first time at that distance. Such was the Sylvania Racing for Recovery event for those going Half IM for the first time: no hills, mild temps, low humidity- but a sneaky wind blowing, just to keep things interesting.

About 150 racers swam 1.2 miles at Olander County Park lake, did the 56 miles out 'n back bike leg in farm country, and sweated out a 13.1 mile run. We are talking 5 to 6 hours of racing!

Finishing were:
 Don Zimmer 1st in age group
 Rich Sirko
 Patrick Chandler
 Soon-to-be-Club-member Brian Frost

(Editor's Note: this Don Zimmer "1st in age group" thing is getting a little routine... kidding. Outstanding performance by Don, who is following a training plan to get to Ironman this fall.)

Swim Tips

Read a series of swim technique articles by Lance Watson at www.triathletemag.com. Think body position, stroke mechanics and drills to reinforce good habits, all under the clever headline "Fundamental Fish Facts".

Ann Arbor Triathlon

Glenn White toed the line along with 650 competitors at the sold-out Ann Arbor Triathlon, part of the USA Triathlon Grand Prix Sprint Series, and kicked out a 1:49:18 finishing time on Sunday June 11.

We need to get some company out there with you Glenn!

Always Fun in Royal Oak

Debi Romero and Sandy Leonard hustled through the ever-popular Oak Apple 10k Run in Royal Oak on June 3rd with nearly perfectly matched run times of just a tad of one hour.

No martians on this route, but Debi said running through the sprinklers was a nice diversion...

Fraser Bike

Keep Fraser Bike in mind as you swim, bike and run your way through the season.

And here's a cool one-stop-shopping service they offer: their "Expanded Special Order Catalog" is an online ordering system for tons of goodies covering all the brands you drool over. So if they don't have it in their store, order it and it all comes in to Fraser for you. Also:

- your Club discount applies
- pick up at Fraser and pay at that time, or pay online (enter INFINITE as discount code)
- VeriSign secure checkout
- inventory availability updated hourly and only what is available to ship is shown. (So you're not ordering something 3 days before your race, only to be told it's on backorder).

Go to www.fraserbicycle.com and look for the link on the left hand navigation. Try it!

