

Infinite Multisport Triathlon Club NEWSLETTER

June 2007

Volume II, Issue 2



Watch closely as Sue and Kellie, our own Thelma & Louise, train and race their way to Half-Ironman stardom in August.

Training Calendar

This month's training calendar is posted at www.infinitemultisport.com. Keep a copy in easy reach, get off the couch & jump into training. There's something to do every day.

Race Results

The Oak Apple 10k, Ken Herrington

It was pretty warm for 7:30 in the morning. To prepare for the heat I drank a lot of water while I drove to Royal Oak. That was almost a mistake. The line was so long at the port-johns that I made it to the start with only a few minutes to spare. It was a little daunting starting a run with a group of 900+ people. I had never done that before. The race goes through the streets of downtown Royal Oak. There were a lot of people standing on the sidewalks cheering on the runners. And with the heat thankfully a lot of them were spraying hoses to help cool the runners down. The whole thing had a very community feeling about it. Running by the business and houses makes a great setting for running. The final mile to the finish line was a straight line with no turns. Seeing the banner off in the distance and seeing it get closer really motivated me to really give my all during those last few blocks. The Oak Apple was a great way to start a Saturday! And for me it was a great experience for the second race I have ever run.

(Ed. Note: Debbie Romero also raced Oak Apple. Well done Debbie!)

Motor City Triathlon

Last minute appeal!

If you aren't already signed up, please consider supporting the Motor City Triathlon on Belle Isle Sunday, June 24th as a volunteer.

C'mon, send that "count me in" email to Kevin Merritt at k2merritt@wideopenwest.com

It's going to be a great day on the island.

More Finishing Line Congratulations

Ann Arbor Triathlon:

Bryan Sieber, 1st clydesdale
Nicole Piersante, 22 of 36
Stan Krasovic, 26 of 58

Stony Creek X-Tri:

Stan Krasovic, 4th in age group
(heard it was a tough off-road course)

Big Fish Triathlon:

Patricia Giltinan, Sprint 13th age group
Tara Lindstrom, Sprint 13th
Andreas Fuchs, Sprint 7th
Ken Sanko, Sprint 15th
Kris Armstrong, Sprint 7th
Kellie Kource, Olympic 2nd
Sue Lint-Pirtle, Olympic 3rd
Paul Leonard, Olympic 3rd (clydesdale)
Ken Herrington, Duathlon 7th

Seahorse:

Sue Lint-Pirtle, 4th age group
Kellie Kource, 7th age group



Race Results

*Seahorse
Kellie Kource*

Race week watching the weather we knew that we had a chance of storms. Apparently they have dodged a few storms on this particular race weekend. Race morning came and they said we had to get going because storms were coming. So the swim was not too bad, Sue and I decided to stick together in the water, which ended up working out well. They started the Olympic-distance females together, so it took a bit to get in a groove and not get hit, or held up, or whatever. Then we just kind of hung on together. Then onto the bike, Sue and I plugged along and then around the halfway point the sky opened up and we get soaked and pelted with rain. So I think the second loop we lost a bit of time. In the transition it appeared that people just racked there bikes wherever they felt so I had to rack my bike wherever there was a spot, then run around and find all my stuff that was covered with other peoples stuff and re-get everything together. It said that we were partially in trails for the run, so we knew the wet trails would be fun. As soon as we got off the road and in the trails we realized this was going to be a complete mess. There was no push forward, it was a matter of just keep the feet moving because when you tried to push the pace, or stop to grab water you slid all over and looked like one of those cartoons where the feet are moving but the body is not! I was brilliant and wore my Nike Frees even though I knew there was a chance for bad weather, and those have zero traction in the first place. I love trail running though, and in the mudd, fun! In fact on my way back out a guy was coming in, and here I go taking the middle route through all the puddles of mudd, and I hear him laughing and he goes "you were THAT kid weren't you!". I said "in fact I was", and we had a good laugh.

About 5 minutes before we finished, I see lightening and hear thunder. They clearly state that with lightening they cancel, so all I thought was to hurry because we were so close. Sure enough as I finished, there is Ron and Jeff taking all our stuff out of transition. They told everyone to get the stuff and get out now. They went and pulled anyone left on the course. We finished with no time to spare. I feel bad for anyone that got pulled that close to the end of the race.

Club website has new look

New look. New features. New functions. The Club's website has really been brought forward, thanks to thoughtful development by Tara Lindstrom, with more to come.

Swim on over to www.infinitemultisport.com and take a look. Thanks again Tara.

Race Clothing

The new jerseys and shorts are ordered and will be available in July. \$85 for top of the line jersey + shorts.

(The Club treasury could use your payment as soon as possible; see Ken Sanko).

Paul also has a brand new batch of our current short sleeve training shirt (white T shirt with large Club logo on back) available for \$25 each. He or Ken will have them at the Club meeting, and usually brings a few to training events.

Club Meeting

C'mon out to the Club meeting on Wednesday, July 18th at Hatchys, 7:30 pm. Downtown Utica. 3d floor. Open to non members too.

Next Issue

Read about Kevin Merritt's experience as a Team In Training coach, as he helps a group of first timers prepare as a team for the Nation's Triathlon in Washington D.C. (Sep 29).

Good story about giving back to the sport and to the community.

From the Editor

Editor's note: let me know if I missed your race result, if you have an article to submit, or any suggestion to keep the newsletter useful to all: patricklchandler@comcast.net

