

# Infinite Multisport Club NEWSLETTER

May 2006

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## Inspiration!

Commonwealth Games triathlon in Melbourne Australia. The women charge during the run, which was won by Emma Snowsill of Australia in 1:58:02 for Olympic distance.

## From the Editor ...

It's springtime in Michigan and time to go racing! Lots of events in May, increased training volume, trips to the bike store for parts and accessories, maybe an online purchase or two- these are the real rights of Spring.

It's way more fun to do your training with your friends. Keep in touch with the Club via the monthly calendar at [www.infinitemultisport.com](http://www.infinitemultisport.com) and we'll see you at a training event.

It's all good!

## Monthly Meeting

Club meetings are held on the 3<sup>rd</sup> Thursday of each month. The next meeting will be May 18<sup>th</sup> at Wok Inn (unless location changes) at 7pm (Hayes Road at 19 ½ Mile in Sterling Heights).

## Dues are due

If you aren't yet paid up for 2006, see Ken Sanko at any event and git 'er done. The newly created membership card alone is worth the \$\$, and the retail discounts, available only to members in good standing, will save you plenty.

## Willow Duathlon May 6 @ 9 a.m.

This event is well attended by our club. As a 5k/20k/5k duathlon, it offers something for everyone:

- Good first-timers' race
- Shorter distance; fast flat season opener
- Fun to tackle as a relay

Registered yet? Go to [www.3disciplines.com](http://www.3disciplines.com) and we'll see you at Willow Metropark.

## Shirts are ordered

Our initial order for Club shirts is underway; hope you ordered one or two. We'll look cool and be cool at upcoming events, in classic black on white.

## Mock Duathlon a Soaking Success

*Stony Creek Metropark – April 23, 2006.*

Sandy insisted. Pat protested. Sue had her mind made up. Dina was game. So despite a steady rain and March-like conditions, the mock duathlon- held in preparation for the Willow Du- was underway.

The course consisted of an out-and-back 5k run, 2 bike laps around Stony (20k), then repeat the run. Early season fitness was apparent as the runners' times were locked between 7:30 – 8:00 minute mile pace, good bike splits were recorded, and everyone's second run was close to their first (that's a sign of good pacing- or stubbornness to not slow down- unsure which). Even the transitions were practiced.

And the timex tells the tale:

Pat	1:31:44
Dina	1:33:04
Sue/Sandy	1:35:15

Food and Gatorade afterwards- thanks to Paul and Rich. And what's a race without finisher awards- thank you Rich!