



November Newsletter 2016

*“Strong to go long,
then as easy as
possible to go longest
possible, then power
and range of motion to
go fast. Then go fast.
Then go long fast.
Then race fast. Ok?”*

-Bobby McGee

This Month's Activities

Speed & Form

Workouts: Every
Tuesday, 6:00 a.m. @
Vulcan Trail.

Brick Training: Every
Thursday, 6:00 a.m. @
Brookwood Village.

**Note: this will be a
tempo workout**

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The Off Season and How to Cope! – Part 2

by Sarah Portella

In the last newsletter we discussed what to do after your last race of the season. And hopefully your answer was nothing structured! So what do you do after you have a break from the structure, but are ready to start doing some workouts again?

Strength Training! The answer is strength training. For some this may not sound super exciting but I promise this is what you need to do. A strong body gets your muscles and bones ready for the pre-season training. And for older athletes it is especially important because it helps keep those bones dense reducing your risk for injury. So, how do you start back without injuring yourself? Glad you asked! Here is a basic outline for getting your body prepped for the weight room:

- Always **warm up**. This can happen several different ways.
 - o Easy running on a treadmill
 - o A few minutes on the stationary bike loosening up
 - o A prep set of weights that are super light compared to what you typically lift
- **High Reps, Light Weight**. – To get the body used to the movements again we want to start out in what we call the Anatomical Adaptation phase. Sounds intense but really it's just 3-4 sets of light weight, but you do at least 20-30 reps each set.
- **Cool Down**. Take the extra 5 minutes to jump on the treadmill or back onto the stationary bike to allow the muscle groups to warm down.

If you don't love the weight room, there are options. Some of you may have experienced workouts that include plyometrics (jumping rope, hopping, skipping, etc.), or attend a class that focuses on strengthening the body and core (Pilates is a great option). These are great ways to keep your body happy and healthy and ready for the stress of swimming, biking and running.

JDRF – Ride for the Cure by Susan Lines

October

Shout-Outs!

Hayley Scheer:

Completed her 1st Marathon (Marine Corp.)

Jon Herron & Gavin

Pooler: Austin 70.3 Finishers

Tim Pemberton: 1st

AG Maple Leaf 5k

Troy Goss: 1st AG Tri

the Gulf Sprint

Each year I do a century ride for JDRF and raise money to fund a cure for Type 1 Diabetes. How did I get involved? My son has Type 1 diabetes so I am able to combine my love for cycling as well as fight for a cure for my son. JDRF (Juvenile Diabetes Research Foundation) supports research to fund a cure and also to make lives of Type 1 diabetics better. Little did I know that as I did that first century 4 years ago in Nashville, that I would embark on a journey that I now can't give up or live without. JDRF has rides in specific locations all over the country. Part of what makes these rides so much fun, is getting to reunite with people I have met on previous rides, who now are Facebook friends, and riding as part of a team that is united for the same goal. I ride with the Alabama chapter and we have ridden Nashville, Lake Tahoe, LaCrosse, WI and this year Death Valley. So...about Death Valley.



This year's ride was like no other. I knew going into the ride there was a 7 mile climb (although gradual, the elevation went from 200ft below sea level to 1200 feet above). I also knew that heat would be a factor. Normal temperatures in the desert in October are around 92. I had prepared, trained and exceeded my fundraising goal so I was ready to go. Knowing that I hate hills and was concerned about the climb,

Coach Sarah gave me my mantra for

the weekend, "Just keep thinking...the view is beautiful at the top." I carried this with me and shared it with my teammate who was also apprehensive about this climb. The day before the ride we had prepared by alternating water and Gatorade during a small practice ride. I was feeling good (puffy from the extra salt...but good).

Ride day came and at the start the announcer said, "We are expecting some wind today but it should make for a nice ride back". I thought to myself, "*oh great, a headwind is all I need for 50 miles.*" Little did I know that the headwind I was dreading turned into 45-50mph wind gusts. I was in my small chain ring going out and my Garmin was telling me I was going 6mph. It took an hour and 37 minutes to go 17 miles. Not that this was a race by any means, it was just weird to me to be riding and trying like crazy to keep my bike upright and also not blow, and I mean literally blow, into the cyclist in front of me or into the middle of the road. At the second rest



stop (I skipped the first one so this one was at 17 miles), one of the ride coaches said “Be prepared to get turned around at the next stop”. I asked if it was because of the wind and he said yes, safety is everyone’s concern. So after drinking pickle juice and lots of it (I never felt myself sweat), I took off to get to the next rest stop which was another 10.5 miles down the road. At that stop, I knew I would see my husband who was volunteering. Upon arriving, eating watermelon, more pickle juice and a toasted peanut butter and jelly sandwich (BTW, the sandwiches turned to toast the minute they were put out.) My husband said, guess how hot it is? **103**. That’s why the sandwiches turned to toast! So not only was I enduring wind gusts I did not expect, I now was riding in heat that was 11 degrees above normal and hotter than anticipated. And, as expected, we were turned around at that rest stop to head back.

Remember that 3 plus hours to go those first 27 miles? It took *less than an hour and a half* to do the ride back. Tailwinds are awesome! However, the combination of heat and wind almost took its toll, at least for me. I struggle with an elevated heart rate in the heat



and I knew going on that I might need extra rest. 8 miles from the finish I certainly needed an extra long rest. I poured water on my face which dried immediately and I ate something because I was about to puke and drank water instead of Gatorade because I had not peed! I survived, did not have to go to the medical tent, and with the help of two friends I made it back to the finish line (They just kept saying think about the beer, think about the beer ☺). So my century ride in the desert turned out to be 55 miles in the desert. Was I disappointed? Absolutely not! I do this for fun and to support my most passionate cause. As some of my JDRF friends who have ridden Death Valley several times said, “Everybody’s got a desert story!”. And I certainly have mine!

Discounts!!

- **Don’t forget to use your athlete discount at Cahaba Cycles Homewood for all of your triathlon & cycling needs!**

- **PkPerformers also get a 10% discount at**

The
TrakShak
Running Shops

in Homewood!

Tri Camp Season is HERE!!

Need to escape Birmingham in 2017? Ladies you have TWO unique opportunities...And GUYS?! Sorry you've got just ONE amazing opportunity (so far).

Fly to Tucson!

2017 BEST Tucson Winter Training Camp

TUCSON, ARIZONA



February 16th - 19th: Presidents' Day Weekend

ALL INCLUSIVE RATES BELOW INCLUDE LODGING AT VENTANA CANYON
thelodgeatventanacanyon.com

Early Bird Special AUG. 8TH - SEPT. 15TH	Pre-Christmas Special SEPT. 16TH - DEC. 24TH	Last Minute/Regular Rate DEC. 25TH - JAN. 1ST
Queen Double Occupancy: \$899 per person	Queen Double Occupancy: \$949 per person	Queen Double Occupancy: \$999 per person
King Single Occupancy: \$1289 per person Double Occupancy: \$869 per person	King Single Occupancy: \$1339 per person Double Occupancy: \$919 per person	King Single Occupancy: \$1389 per person Double Occupancy: \$969 per person
2 Bedroom Suite (1 person per room) Double Occupancy: \$1059 per person	2 Bedroom Suite (1 person per room) Double Occupancy: \$1119 per person	2 Bedroom Suite (1 person per room) Double Occupancy: \$1169 per person

Payment: A non-refundable deposit of \$100 is due upon registering for the camp to secure the room. Balance of your full payment is due January 15, 2017.

- Perfect training to cure the mid-Winter blues
- Fully supported and coached runs, rides and swims
- Epic Tucson rides of varying distances based on ability
- Evening clinics with top triathlon experts

To Register, please visit our website at: boltonendurance.com/shop
Once receiving your deposit Melissa Velarde will contact you to complete your reservation.
Questions? Contact Melissa Velarde at: melissa@boltonendurance.com

This is a USAT sanctioned event. You must be an annual member and have your membership card with you OR pay a one-day event fee of \$15

Drive to Chattanooga (Ladies Only!)

BEST Women's Only Chattanooga Camp/Clinic

CHATTANOOGA, TENNESSEE



April 21-23, 2017

Cost: \$400 (\$350 early bird special from now until March 1st)
Includes lodging at the Crash Pad - www.crashpadchattanooga.com
and Friday night's group dinner.

- SAG support, mechanical help, training, food and swag will be provided.
- Training will be on the 2017 Ironman 70.3 World Championship course!
www.ironman.com
- Run clinic with Ryan Bolton will be offered.
- Women's specific topics will be addressed
- Attendees will be responsible for travel and other food.

Camp Contact
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To register, please visit our website at
www.boltonendurance.com

