



JUST TRI IT!

## PHILADELPHIA TRIATHLON SCENE



By: Steve Brown

*Each issue, PhillyFIT Magazine takes a look at the local triathlon and multisport scene, providing our readers with news, features, product reviews, as well previews of great area racing and training. In this issue ...*

### 2007 RACE RESOURCES

OK folks, get out your calendars. The websites below will put you in touch with some of the best racing in the region. We are nestled in a hot bed of racing. Register EARLY.

**Columbia Triathlon Association**  
www.tricolumbia.org

**Piranha Sports** - www.piranha-sports.com

**Philadelphia Insurance Triathlon**  
www.phillytri.com

**CGI Racing** - www.cgiracing.com

**Lin-Mark** - www.lin-mark.com

**DQ Events** - www.dqtridu.com

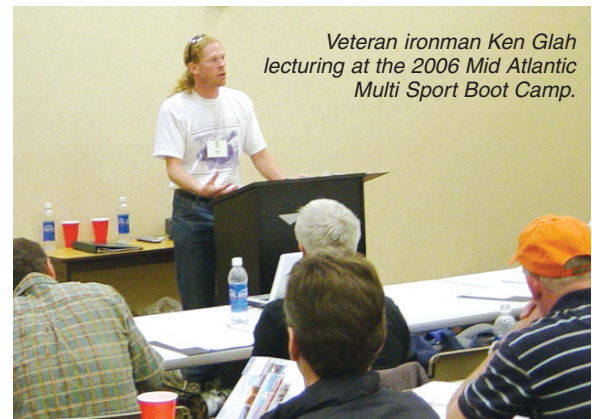
**Compuscore** - www.compuscore.com

### CAMPS & CLINICS

Join area multisport coaches Bill Hauser, Todd Wiley, Pam Morris and Ironman legend Ken Glah as well as several other accomplished guest speakers for an intensive, three-day training camp in picturesque Chester County, Pennsylvania. Chester County is conveniently located 35 miles east of Philadelphia and 85 miles north of Baltimore along the I-95 corridor.

Engage your mind and body during this weekend of spirited classroom discussion and supervised group training sessions. The classroom and pool sessions will be held at the state-of-the-art ACAC Fitness & Wellness Center in West Chester, PA (www.acac.com). The group rides and runs will start from ACAC and traverse the rolling countryside and horse farms throughout the Brandywine Valley.

Topics to be covered during the classroom time include: developing an effective training program; determining appropriate training zones/training with



*Veteran ironman Ken Glah lecturing at the 2006 Mid Atlantic Multi Sport Boot Camp.*

a heart rate monitor; training and race-day nutrition strategies; swimming drills and stroke analysis (in pool); bicycle maintenance and repair; proper bike fit; cycling technique and drills; running technique and drills; bike-to-run transition practice; tapering; race-day tactics; strength training and injury prevention.



There are two camps scheduled for spring 2007. Triathlon Boot Camp for Beginners is for athletes who are new to the sport and athletes who may want a refresher on the basics. Triathlon Boot Camp for Experienced Athletes is for those with one or more years of multisport training and racing experience. Sign up for the camps at www.midatlanticmultisport.com and prepare to succeed in 2007!

**MARCH 23-25, 2007 - TRIATHLON BOOT CAMP FOR BEGINNERS**

**MARCH 30-APRIL 1, 2007 - TRIATHLON BOOT CAMP FOR EXPERIENCED ATHLETES**

### HOT SHADES HARDTOP™ FROM NATIVE EYEWEAR

Multisport athletes tend to be a little particular in their choice of sunglasses. We need durability and functionality. We want style and affordability. And we need to

know that the company behind the lenses offers top shelf customer service.

I recently took the Hardtops from Philadelphia based Native Eyewear out for a spin and am happy to report that everything that I was looking for in a pair of performance lenses came in the box. The Hardtops feature Polarized Crystal Carbonate interchangeable lenses, an anti fog venting system, comfortable nose pads, and a wrap frame design to ensure protection from the elements. The Hardtops were also extremely lightweight.

Native offers twelve different styles which range in price from \$100-\$145. Nine of the twelve offer interchangeable lenses and all have the same lifetime warranty.

These specs are the real deal and have long been a solid fixture on the adventure racing and beach volleyball circuits and are now breaking into the multisport market. We give the Hardtops a strong BUY recommendation and Native Eyewear a big thumbs up. Visit them at [www.nativeeyewear.com](http://www.nativeeyewear.com).

## **HOT CLUB** **HIGH ROAD CYCLES**

Visit High Road Cycles in Doylestown and Wayne for all of your cycling and multisport needs. High Road stocks a variety of bikes, accessories, and apparel from major companies such as Trek, Specialized, Kestrel, Guru, Mirraco, Electra, Oakley, Nike, Thule. High Road also sponsors one of the prominent multisport clubs in the area and is a great place to meet other training partners and enthusiasts. [www.highroadcycles.com](http://www.highroadcycles.com)

## **“SELF-MASSAGE FOR ATHLETES” BOOK REVIEW.**

Anyone who's enjoyed a professional massage knows the value of massage therapy. What most athletes don't know is how to apply those benefits to their own bodies. Rich Poley, the author of this new book, Self-Massage for Athletes helps make massage accessible to everyone by providing the simple techniques and tools necessary to effectively practice self-massage. Whether you're new to massage or are a registered therapist, this book will serve as an awakening. For improved performance, fewer injuries, and faster recovery, visit [www.selfmassageforathletes.com](http://www.selfmassageforathletes.com)

## **The 5th Annual 2007 Greater ATLANTIC MULTISPORT SERIES**

GAMS is a collection of eleven premier triathlon and duathlon events produced by Piranha Sports. Series participants earn points at each Series event they finish. Awards will be given to the top overall and age group performers after the last Series race. At least 26 special prizes with a total of \$11,000+ are available to all Series participants in a random drawing. For a list of the 2007 Greater Atlantic Multisport Series events, visit [www.piranha-sports.com](http://www.piranha-sports.com)



## Athlete Profile **ED MALLOY**

"Ed Malloy from Sewell New Jersey ..... YOU are an IRON-MAN". For multisport junkies everywhere, there is no sweeter sound than that. The sound of Ironman race announcer, Mike Riley's voice, bringing you

across the finish line of an ironman race and to the coveted promised land. Ed Malloy has heard the sound of that voice five times since turning to triathlon in 2001.

Most recently, the 44 year old posted a very impressive 10:34 finish at the Ford Ironman World Championships in Kona, Hawaii this past October. Along with his strong finish in Kona, Ed has also had solid efforts at Ironman USA in Lake Placid NY, Ironman Canada in Penticton British Columbia, Ironman Brazil and Ironman Coeur d'Alene. (His Kona qualifying race).

When he is not training at the William G. Rohrer Center for Health and Fitness in Voorhees, NJ, or joining fellow Guy's Multisport mates for long training rides through the South Jersey Pine Barrens, Ed keeps quite busy at the job which fuels his lust for triathlon. Ed is an Area Vice President for NovaCare, overseeing 46 outpatient Physical Therapy clinics in South Jersey as well as 15 outpatient Physical Therapy clinics in Northern Maryland. He is a Physical Therapist and Certified Strength and Conditioning Specialist by trade and has been with the organization for 20 years. This dates him back to the Pat Croce glory years with his original organization, Sports Physical Therapists, Inc. Working with Pat Croce's organization afforded Ed the opportunity to work as a consulting therapist with the Philadelphia 76ers as well as the Philadelphia Flyers.

Not to rest on his accomplishments, Ed already has his sites set for 2007. So far, on the race calendar includes the Boston Marathon in April, the Kona qualifying Gulf Coast Triathlon in May, and the Philadelphia Insurance Triathlon in June.

When asked why he races and trains, Ed echoed the feelings of many multisport athletes and said that he thoroughly enjoys the camaraderie that this sport brings. Said Malloy "Initially, the health benefit is why I started training in order to get into better shape at 40 years old, but the training and racing has brought so many more benefits to my life and my family".

Philly FIT Magazine wishes Ed much continued success both on and off the race course.

## **ED MALLOY SIDE BAR**

**What is your favorite workout schedule?** I like to train early in the morning when I am well rested from a good night sleep. It gives my day a sense of accomplishment knowing that I have done something physical toward making me a better athlete . Monday through Friday, my workouts usually begin at 5 p.m. with the weekend bigger volume workouts beginning about 7a.m. Tuesday and Thursday are swim and run days with Wednesday and Friday being bike workout days. The weekends vary in volume and combination of workouts based on the point in my training schedule before my race event.

**Body part to train?** I like to train my legs because it provides me the most return on my investment of time for my sport with biking and running consuming the most time in a triathlon event .

**Junk food?** Chocolate

**Health food?** Bananas

**Hot spot in town?** I like attending my son Dan's, and my daughter, Kelly's, track meets at Bishop Eustace Prep.

**Movie?** "Hook" with Robin Williams and Dustin Hoffman

**Color?** Green

**CD?** The Cars, complete Greatest Hits .

**what is your birth sign?** Capricorn , December 28th

**If you werent a triathlete, what sport do you think ranks #2 in your interests?** Performing Marathons



PhillyFIT Magazine contributor Stephen Brown is a Philadelphia area age group triathlete. Brown also writes and serves as Editor in Chief of the triathlon publication TransitionTimes.com. In a racing career spanning nearly twenty years, Brown has racked up countless races of all distances from sprint to Ironman. He also often uses his racing as a platform to raise funds and awareness for significant charitable causes. He can be reached at [stephenbrown@phillyfitmagazine.com](mailto:stephenbrown@phillyfitmagazine.com)

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