

THE TRIZONE

By Anne Mitchell (AKA Annie)



Each issue, PhillyFIT Magazine, looks at the local triathlon and multisport scene to give you the best advice on what is out there and where to go. I am going to do my best to fill Steve Brown's shoes and at the same time, add a little tweak.

Labor Day has come and gone. We all feel like the summer is over and there goes our play time. Well, you are all wrong. We have such opportunities to get outside and STILL do some fall triathlons, duathlons and venture into other multi-sport challenges.

Fall does bring colder weather; however, there is an adventure in wearing a wetsuit to keep you warm for the last triathlons of the season. The adventure of what to wear biking and what to strip off for that run is a challenge as well. Clothing is very sophisticated for all kinds of weather. Light weight clothing keeps your core warm, but does not get heavy when soaked is in abundance. Cycling and feet are always a challenge when it gets cooler. Booties are a simple, sock like garment that can slip over the front part of the foot for cool temps or full booties for colder temps.

Jackets and/or sleeveless vests are great for the bike and run portions of multi-sports. Clothing "pieces" called arm and leg warmers are also good to wear for a tri, du and run events. The arm warmers fit on your arms to your elbows, and the leg warmers fit up to mid thighs. Both

can be stripped off without having to lug around a full jacket and/or full tights.

Triathlons can still be found, until early November, in some warmer climates without too much travel through www.lin-mark.com and www.active.com

Duathlons are a great fall challenge. There is not a swim in a duathlon. Run-bike-run is the usual order of the distances. I hesitate to say it is easier without the swim as two runs with a bike between may be good for the chill in the air, but to call on those already spent leg muscles is indeed different. The second run tends to feel like your legs are tired and weighed down and you seem to wait forever for them to come around. Unlike a triathlon, the legs on that second run are tired and used. Practice before your first duathlon would be a good idea. Try a two mile run, a five mile bike and a two mile run. You will see where your work begins!

Running is what fall is all about.

Right in our backyard is the Philadelphia ½ marathon in September and the full Monty - The Philadelphia Marathon is in November. For those not quite ready for thirteen or more miles of running, there are countless 5k's and 10k's in the tri state area. Runner's World Magazine has great listings and race page advertisements. Your local running stores will always have race applications and info boards to see

where and what is out there. They will also show you the best shoe for your foot size, strike and activity: road or trail. Online you can use www.lin-mark.com and www.active.com

Remember to Train Smart. Summer may have been a lot of Sprint or Olympic tri distances. The run in those can be 5k or 10k . A ½ marathon is thirteen miles and the marathon is twenty six miles. Beware not to jump too ahead but rather keep a steady training program to increase the distance and decrease your chances of getting hurt. There is always that simple rule of thumb not to increase your weekly mileage more than five percent.

October 5 -7th is a great walking challenge for a good cause: Fight against Cancer. Right here in Philadelphia is a three day walk, averaging twenty miles a day. Don't sit on the sofa reading this and say to yourself that is too easy. Go ahead and start walking and let me know when you have reached 5-8 miles and then realize that is not quite half the distance covered in one of three days. Your body takes less stress walking as it is not pounding the turf. Time may slip by a little slower but hey, you are walking for three days, challenging yourself to stay outside, going beyond typical daily mileage and trying to raise money to help with our research and efforts to rid this world of cancer. www.the3day.org

Cyclocross is a great multisport. It is a form of bike racing on pavement, in wooded trails, on grass, up hills and with various obstacles in the way. One may have to dismount and transport the bike at times to navigate the course. Check out www.cyclocross.com and look up PA to get some area events.

FRISBEE - I bet you all know how to throw a Frisbee. Did you know there is a game out there played with a Frisbee and seems similar to soccer in endurance with football passing skills? It is called Ultimate and the object is to catch the Frisbee in your opponent's end zone. It was developed right here in Haverford, PA - years ago by a group of students at The Haverford School. There is no fancy equipment such as bikes or wetsuits. The one great feature is all the running and moving you do back and forth on the field. You can have pick up games at the local sports fields with no huge entry fees, no cold water and it's a great way to cross train during the winter.

Cross Training - will be the focus of my next article. We will be in the throws of "off season" and will certainly have to get some motivation and ideas of what to do during the winter to stay in shape and to also get some new routines to improve our goals for the next season.

Me personally? I have six weeks left in my season with two huge races: Duathlon Long Course Nationals to qualify for Duathlon Long Course Worlds. At this writing, I was going to do a half Iron Man over the weekend. Work has been hard and long days, so I will skip the one-half and get some much needed rest AND still go out for a two hour run and a fifty mile bike ride.

Remember, train smart! The results are fantastic if you listen to your body and review your workload. If you push too hard for results on all days of the week, the body will cave in eventually. I cannot emphasize enough to "listen" to your mood. Fatigue, irritability and lack of appetite are all signals to pick your best days and soar.

Remember my mantra "moment." Enjoy YOUR moment and make the best of your health and fitness.

~Annie



Annie Mitchell is a Philadelphia age group tri/duathlete. Mitchell runs the spin program and does personal training at The Aquatic and Fitness Center in Bala Cynwyd. Annie has competed from local to world level and is currently ranked 3rd in the nation and world 50-54 age group duathlete. Her mantra: "moment." She can be reached at amitchell@phillyfitmagazine.com.

LISTINGS / RESOURCES:	DQ Events
Columbia Triathlon Association	www.dqtridu.com
www.tricolumbia.org	Compuscore
Piranha Sports	www.compuscore.com
www.piranha-sports.com	Active Sports
CGI Racing	www.active.com
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