

PhysicallyFIT

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.

Philadelphia has been a great groundbreaker this summer to not one, but two, all-women triathlons. I volunteered and raced in July at the first event, and will do the same in August for the second. Philadelphia has also done an outstanding job in reintroducing the triathlon to the city for all gender and abilities. I have come away from these races with an interesting observation. It does not matter how new or "elite" you may be to the sport. What matters is your purpose, your motivation, and your training goals.

I have helped many people along my thirty-year fitness career, in the gym, and in the sports world. Equipment is key for sure, but your mental goal-setting program or plan is critical. As I was treading water in July in my wave, I was still able to give advice to those new to the view in open water. As I rode around the drives and saw people cranking away in too hard a gear, or sitting too low to the pedals, I shared advice. While running at a quick tempo and passing many, seemingly so easy, I still said, "Come on, shorten your steps or drop your shoulders," to encourage all to complete their game.

In the business world, this may be called career coaching. In the sports world, it has been simply called coaching. The newer twist out there is mentoring, and many races are adding it to their agenda. We all know the buzz of personal training and we all know that there are countless clubs and organizations that train people for triathlons and other sports. The new plus is mentoring, a big brother, big sister focus to assist in all parts of a successful adventure. In the Philadelphia multisport world, Cadence and CGI have led the way as fitness organizations and Philadelphia Insurance Company have given a great opportunity for all to participate.

"Changing Gears "

Tour De France: cycling at it's best (other than our own Philadelphia Venue in June every year). I am amazed at the strategies one can watch and the smoothness of the pedal cadence. Every "Tour," as I come away from the television, I am refreshed to know that I should be spinning in a comfortable cadence. I watch the cyclist's body curved and relaxed and transferring the power from the body to the cranks and the chains.

In September we have a premier road race: The Philadelphia 1/2 Marathon. Elite athletes and age groupers come from all over to compete AND complete thirteen miles of running. Bryn Mawr Running Company is an excellent resource of information for training, sneakers and of course "mentoring."

Want product to review? There are so many that come out that can assist with the swim, the bike and the run. How does one choose the "right " one? I have suggested trying new products, during training rather than race day.

For example, have you ever seen the stretch laces for sneakers? They are narrow, light and elastic at the same time. They "lace" from the top down and secure at the toe of the shoe with a light plastic fastener. The top of the laces is one piece and you tighten your laces by pulling a slide down towards the sneaker tongue. How easy can that be? Easy enough that you can slip the sneaker on and off for triathlons/duathlons when your hands are wet and or cold. Easy enough in a training run or road race to empty pebbles from your sneakers without unlacing and retying. Elastic laces give when your feet swell while running and are snug enough not to let the sneaker slide with each stride.

www.locklaces.com,
\$4.99 a pair, comes in 7 colors!

Or how about that little Bento Box you can attach to the top tube of your bike? It is meant to be for food such as GU or supplements while training or racing. You can even put a cell phone in one.

www.polardiscount.com,
Look at the various sizes.

Time to sign off from my first attempt to share some Philadelphia Triathlon scene. Don't forget to go online for the latest events in which to participate. There is still a lot of season left for triathlons, duathlons, cycling, run races and events.

LISTINGS / RESOURCES:

Columbia Triathlon Association
www.tricolumbia.org

Piranha Sports
www.piranha-sports.com

CGI Racing
www.cgiracing.com

Lin-Mark
www.lin-mark.com

DQ Events
www.dqtridu.com

Compuscore
www.compuscore.com

Active Sports
www.active.com

Train hard, train smart and have fun!
Anne Mitchell AKA 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.

