



Just TRI It

Just TRI It...

A Celebration of Brotherhood.

By: Steve Brown



If you've stumbled onto this page, you at least have a mild curiosity of what this sport is all about. Or perhaps you are a seasoned, hard core veteran with years of racing under your belt. Either way, I'm glad you stopped by. Hopefully, "Just TRI It" will have something for everyone.

Did you ever stop and wonder what sets triathletes apart from other athletes? Or from the rest of society in general for that matter? I think about it all the time. In fact, I celebrate it often. There is something about this sport that fosters an incredible sense of brotherhood and camaraderie unlike any other...to the point of being infectious. I'm a little unclear if it's that individuals with particular personality traits are drawn to the sport of triathlon, or if the sport of triathlon does such a great job of promoting that environment that it further defines the individual. Probably a little of both but it makes for a pretty cool community of kindred spirits.

I've seen my share of examples of this over the years. I've witnessed guys giving up spare tubes before the start of a race. During one race in particular, a friend of mine missed an iron distance PR by 3 minutes, because he spent 10 minutes helping out a stranger struggling with a flat. And they were in the same age group. Days before a big race, how many times have we seen veteran athletes driving around the bike course in cars explaining each little turn and hill to nervous and apprehensive rookies? And how often have we seen chalk inscribed messages of inspiration along race courses meant to motivate the very same people that we are competing against? These are all examples of things we do without giving any second thought. We help out our brothers. We do whatever we can to help them have a good race and a more memorable and positive experience. Even if that means that their finish time ends up better than our own. We want everyone in this family to be successful.

When I think about all of the people that I have met as a result of this zany sport, I'm amazed at how prevalent this invisible thread or common link is that bonds us. Virtual strangers brought together only by our passion for the sport, but heavily invested in one another's success. In most cases I couldn't even tell you the names of their spouses or what they did for a living. But that never mattered. They were a part of my extended triathlon family. To be able to reflect back on a race and have lasting memories of individuals is icing on top of that finisher's medal or certificate. And a treasure that will last much longer than the finisher's tee shirt. You simply won't find this kind interaction among most athletes in other sports.

So, let's all do our part to keep the good karma alive and regenerating. Let's all lend a helping hand or a shoulder whenever possible. Don't forget to thank the volunteers who are sacrificing their time and energy to help you realize your dreams. Celebrate the fact that you have chosen to surround yourself with an amazingly fine yet rare group of positive individuals. Take a look around before the start of a race and count your blessings and remind yourself of how fortunate you are to have the courage and ambition to even be there. And lastly, no matter what the outcome is, be proud of your accomplishments for what they mean to you, not how they may stack up against someone else. And should you have a "bad day", make a note, learn a lesson. And move on. Train safely... race smart...**THANK THE VOLUNTEERS**, and have fun.

PHILADELPHIA TRIATHLON SCENE

By: Steve Brown

Swimmers anxiously await the start of their wave at the Philadelphia Triathlon. Photo courtesy of Lin-Mark Computer Sports Inc.

Just Tri Fit!



Each month, Philly FIT magazine takes a look at the local triathlon and multisport scenes, providing our readers with news, features, product reviews, as well previews of great area racing and training. In this issue



Photo courtesy of Lin-Mark Computer Sports Inc.

Beginner's Note -

There is often much confusion from beginner and aspiring triathletes regarding race distances. Before we go any further, let's set the record straight and define the traditional distances in the growing sport of triathlon.

- Sprint - .25 mile swim / 10-12 mile bike / 3 mile run (*sprint distance races can often vary slightly*)
- International or Olympic - 1.5k swim / 40k bike / 10k run (.9 mile / 25 mile / 6.2 mile)
- Long - 1.2 mile swim / 56 mile bike / 13.1 mile run
- Iron or Ultra - 2.4 mile swim / 112 mile bike / 26.2 mile run

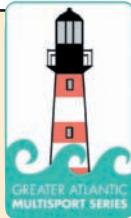
Race Spotlight - Philadelphia Triathlon in Fairmount Park

The summer of 2005 was historic for the City of Brotherly Love and the world of triathlon. On June 26th, 2005, the Philadelphia Triathlon in Fairmount Park was born. This Olympic distance race (1.5 k swim, 40 k bike, and 10 k run) had a sensational debut and quickly sold out. On June 25th, 2006, the "Philly Tri" returns, and looks to be even bigger and better in '06.



Christopher Martin - First age-group male finisher at the Philadelphia Triathlon. Photo courtesy of Lin-Mark Computer Sports Inc.

www.phillytri.com for complete details. This race has already been voted one of the best big city races in the country. Come on out and support your city and your sport.



Greater Atlantic Multisport Series

This regional race series, produced by Piranha Sports, is a must for any triathlete of any competitive level. The Greater Atlantic Multisport Series features nine events ranging in distance from short course duathlon to half iron distance triathlons all in the tri-state area.

Register for one race or for all nine ... but register. Piranha Sports puts on a top shelf premium race series with something for everyone. Timing and registration for the events are managed by area experts Lin-Mark.

Visit www.piranha-sports.com or www.lin-mark.com for more info.

VeloPress Publishes Mental Training Book for Triathletes

Though triathletes spend hours every week preparing for the physical and technical demands of training and competition, most triathletes agree that the mental challenges of the sport determine whether they achieve their goals. Yet most triathletes devote little time to the crucial psychological aspects of triathlon.



The Triathlete's Guide to Mental Training is the first book to explore the all-important role that the mind plays in triathlon training and competition. Internationally recognized psychologist and Ironman triathlete Jim Taylor, Ph.D. and former professional triathlete Terri Schneider give multisport athletes in-depth, yet practical information and skills they can use to master the challenges of the mind while increasing their enjoyment of the sport.

Triathletes will first assess their psychological strengths and weaknesses, and then learn about the six mental factors that most affect triathlon performance: motivation, confidence, intensity, focus, emotions, and pain. Taylor and Schneider also reveal essential tools for training and racing, such as routines, mental imagery, goal setting, and valuable insight from the world's best triathletes.



Just TRI It

The Triathlete's Guide to Mental Training will help multi-sport athletes identify and overcome the psychological barriers that the mind places on athletic ability with practical information and skills that will ultimately lead to better performance.

VeloPress is the book publishing division of Inside Communications, Inc., which is the publisher of VeloNews, Inside Triathlon, and Ski Racing magazines. More information on Inside Communications and its publications is available at www.insideinc.com.



Product Review

XTERRA Vector Pro2 Wetsuit

What happens when XTERRA Wetsuits goes to the drawing board to attempt to make a good thing better? The Vector Pro 2. XTERRA recently unveiled their latest and greatest full suit in the completely re-engineered Vector Pro 2.

Although created with the likes of Reid and Bowden in mind, the Vector Pro 2 will give an overwhelming advantage to any swimmer. The Vector Pro 2 is anatomically engineered and essentially provides the swimmer with a snug, yet very comfortable "second skin". This is the result of XTERRA'S use of Yamamoto's new Nano SCS rubber. With the Nano SCS rubber, you not only get a suit which traps more air bubbles for increased buoyancy, you also get the lowest friction coefficient of any suit on the market, which means less drag. Translation? Faster swims with less effort. And that's a good thing. The suit is further enhanced with the newly engineered Flex-Span Inner Liner, which allows for maximum flexibility. A snug, yet non-restrictive Loc Flex Collar and a Hydro Glide Zipper round out this suit.

Right out of the box, this suit felt different than others I've worn. I felt as though I had received a custom and tailored fitted wetsuit. And it took but only a few strokes to realize the comfort and speed benefits that this suit has to offer.

A quick word on sizing: I am a 6'3", 195-200 pound athlete who typically buys an extra large everything. I was somewhat skeptical at XTERRA'S recommendation of a LARGE for me. But, I am happy to report that their sizing chart was dead on. Their LARGE accurately accommodates frames up to 6'5" and 225 lbs.

In short, the new XTERRA Vector Pro 2 is more than a wetsuit. It is a scientifically designed essential piece of equipment for any triathlete. The suit delivered everything that it advertised in terms of comfort, flexibility, and speed. If you are looking for a way to crank up your swim experience a few notches, I give this suit a strong BUY recommendation. Pick up yours at High Road Cycles in Doylestown, or Wayne.

EXPAND-A-LUNG



The concept is simple - breathing resistance exercise will develop stronger lungs. By independently training the supporting respiratory muscles (diaphragm and intercostals) you improve strength and increase capacity which translates to increased O2 uptake, better efficiency and ultimately, a boost in endurance. Although this has been a sound training principle among elites and pros for many years, the message seems to be just reaching the mortal masses. To learn more and get your boost visit www.expand-a-lung.com

Todd Wiley Rips Up Panama City

Doylestown's Todd Wiley posted a 9:10:59 finish at the Ford Ironman Florida, held on November 5th, 2005 in Panama City Florida. Todd blazed a 52:08 swim, a 4:59 bike, and a 3:14 run to finish 19th overall and 16th among the pros.

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Hot Spot Train "The Trail"

On any given day, you will see a multitude of runners, walkers, cyclists, and roller bladers on the nonular Schuylkill River Trail.

The Trail extends from the downtown Art Museum area of Philadelphia to Oaks in Montgomery County and is paved except for the towpath portion, which runs through Manayunk. The Trail's landscape varies from parkland to urban and suburban neighborhoods to heavy industrial sites and provides athletes a direct link to the 19-mile long Perkiomen Trail in Oaks. The Trail passes through scenic Valley Forge National Historical Park in Betzwood, which is a popular meeting spot for athletes.

For information about the overall progress of the Trail between Philadelphia and Schuylkill County www.schuylkillriver.org/maps/land_trails.asp

Kudos to Philly's Own Elite Bicycles

Elite Bicycles is proud to announce that on October 27, 2005, Elite was invited to participate, and was ranked 33rd, in the prestigious Philadelphia 100. The Philadelphia 100 has ranked the fastest growing, privately-held companies in the Greater Philadelphia area for the past seven years.

Philly 100 Companies

had an average growth rate of 238%, with total aggregate revenues of \$750 million. Elite's growth rate from 2002 to 2004 was reported to be 199.9%. For more information about Elite Bicycles, go to www.elitebicycles.com.



I find your magazine interesting. Some of the articles are very informative and inspirational. However, I was disappointed when I read the article on marathon training in the current issue. I have been a runner since 1978 and a personal trainer since 2002. I, along with many fellow runners, totally disagree with the notion "A couch potato can train for a marathon in five to six months." This is a recipe for injury. A person should gradually start a running program, especially a "couch potato." They should strive to complete short races (5k) after six months and perhaps a half marathon within the first 12-18 months. A marathon should be a goal within 2 years of starting a running program. A person needs the time to increase mileage without injury. I know that these fund raising programs encourage average people to do marathons but they are looking at \$ signs not health. I attended a meeting for one program where they had past participants speak. The man said one woman had to get a needle the day before the race in order to run. He himself was told not to run due to an IT band issue but he ran anyway and was injured. I truly enjoy running but I know a bad race can turn off many people. We should be encouraging people to get in shape not to injure themselves.
Denise DiPangrazio

Dear Denise,

Thanks very much for your valued feedback. Although I didn't pen the original article in question, I'd like to offer my thoughts on both the article and your response. I'd first like to agree with you that the goal of any running program should be to improve your overall health and fitness level gradually and safely. We agree on the importance of beginner and novice runners ramping up their mileage slowly so they don't risk injury. That being said, I also believe there are many starting points, even for "couch potatoes". Rarely are any two individual's backgrounds, health indicators, motivation and baseline fitness levels identical. And these are the factors that will determine how much training is required for someone to complete a race such as a marathon. It is very possible for one individual to go from couch to 26.2 in 5-6 months. On the flip side, another individual, based on some of their determining factors, might require a training period that is 3 or 4 times that. I think there a few important ideas to remember here. First, no two individuals or their respective training needs are going to be exactly identical. Certain modifications might need to take place along the way. Second, before anyone begins any type of strenuous fitness program, we highly recommend seeing your physician for clearance and approval. And third, LISTEN TO YOUR BODY.

I hope this helps a little,
Thanks for reading
Steve Brown, PhillyFIT Magazine

LOOKING FOR A RACE?

Be sure to bookmark www.lin-mark.com for a comprehensive listing of year-round multi-sport events.