



# WHEELWORKS MULTISPORT NEWSLETTER

WWW.WW-MS.COM

April 1, 2006

VOL. II ISSUE I

## 2005 USAT RANKINGS

## TRI NIGHT - PETER REID



2005 proved to be a very successful season for many Wheelworks members! Wheelworks has 9 members who were recognized for their performance last season by USAT as All-Americans (AA) or Honorable Mention All-Americans (HM) within their given age groups. Congratulations to all who were recognized! If you are curious to discover where you finished the season in relation to other racers in your age group from across the nation, check out [www.usatriathlon.org](http://www.usatriathlon.org) to determine your final USAT ranking for the 2005 season.



Wheelworks Multisport is pleased to announce Peter Reid, the 3-time Ironman Hawaii World Champion, as guest speaker for the 5th Annual Tri Night hosted at Belmont Wheelworks on Friday, April 14, 2006 from 6:30-8:30 pm.

Wheelworks Tri Night is a free event open to the public celebrating triathlon in New England. In addition to a presentation and Q&A with Peter Reid, Wheelworks Multisport sponsors such as Specialized, Fila, Zoot, Tri-Hard Conditioning Systems, PR Running,

Mavic and others will be exhibiting the latest products for the 2006 season. *(Cont.p.7)*

PJ Deschenes	25-29AG	7th/1050	AA
Kim (Comeau) Webster	25-29AG	21st/933	AA
Marc Saucier	50-54AG	29th/1055	AA
Jamie Hunt	25-29AG	38th/1050	AA
John Flanagan	25-29AG	47th/1050	AA
Steve Amari	40-44AG	73rd/2050	AA
Alice Wagner	25-29AG	66/933	HM
Pat Ryan	60-65AG	7/72	HM
Rick Coyne	40-44AG	166/2050	HM

## TRI TIPS 101

## LETTER FROM THE EDITOR

In this early-season edition, be sure to check out Tri Tips 101 & 201, Sherman's tale of a snapper, Kam's confessions, Alan's signs of spring, PJ's season preview, Tri-Hard's solidifying steps, and the concept design for our new Zoot uniforms.

-JAMIE HUNT

### I. Mentally preparing for transition:

Before entering the transition area, think through exactly what you plan to do in transition. Staying relaxed and focused is key. In one of my first duathlons, I hastily ran into transition without much thought. I put on my helmet and sunglasses, grabbed my bike, and sprinted out of transition. I hopped on my bike only to realize that I had forgotten to change out of my running shoes and into my bike shoes! Mental preparation and staying relaxed during transition will help you avoid those types of mistakes. *(Cont.p.2)*



## TRI TIPS 101 (Cont.)

### II. Less is better

In your transition area, only set out what you will absolutely need for your race. When I first started racing, I practically unloaded a suitcase in transition with extras such as energy bars and gels, extra water bottles, towels, etc. Excess stuff will just confuse you and slow you down in transition. Only set out what you need, and throw everything else into your tri-bag out of the way. I consider the essentials to be the following: a towel to wipe your feet in T-1; bike shoes, shades, helmet, and any nutrition you need for the bike; running shoes, race belt, and maybe a hat if it will be sunny or rainy for the run.

### III. The sock dilemma

My first few races, I took the time to put socks on in T-1 or T-2. I thought “Who would want to run sockless?” Quickly I realized that as I was struggling to get my socks on, other racers were flying by me in transition. After experimenting with various sock strategies, my practice now is to race sockless in sprints and international distance races. I sometimes experience some rubbing in these types of events, but am able to deal with the discomfort for the given distance. If you choose to go without socks, make sure to practice running sans socks prior to a race. Also, try putting some body glide on your feet before a race where you foresee rubbing. For longer distance races, I put socks on in T-2. The time lost in transition isn't quite as important as the risk of running longer distances with blisters (ouch). If you do choose to wear socks, pick out a pair of socks that stretch easily. Roll down the tops of the socks so they are easier to pull on in transition.

-KIM COMEAU, Elite Racing Group



## EXCELENT SEASON AHEAD



WWMS secured a record number of members as well as record sponsor commitment for 2006, ensuring this year will be among our best ever. We have 120 people on the team and a total of ten sponsors. Belmont Wheelworks is our lead supporter, renewing its commitment to support a large group of multisport athletes and to stand out as a leading resource for the New England multisport community. Through our sponsors at Specialized and Zoot,

we will be hosting three-time Ironman World Champion Peter Reid for our fifth annual Tri-Night celebration on April 14. WWMS raised over \$6,000 for this event last year and is on track – through amazing raffle prizes offered by our sponsors – to set a new fundraising record this year.

About half of our members are new to the team, and we have a number of people racing their first or second triathlon this year. We have a new on-line WWMS Forum message board to help connect people on the team with training partners, training trips, carpools to races, and all the other information that new triathletes and old tri-geeks crave.

And then there's talk of the three-peat... WWMS has reigned as New England Club Champions for the last two years, and early signs from USAT New England indicate that the Club Championship race will be back by popular demand in 2006. The Championship race is still to be determined, but hold the weekend of the Appleman (July 23) open on your race schedule and get ready to defend our title!

Be safe, train smart, and have fun!

– PJ DESCHENES

PAGE 2

FILA



# SIX STEPS TO A STONG YEAR IN TRIATHLON

As we embark on a new year, many of you are feeling empowered to make this your best year yet in triathlon. Many of you are really looking to have a great year. This of course means something different to each of you, but nonetheless many of you are led to the question “What can I do to make this a great year?” Hopefully, you are already looking past the traps of quick, easy improvement promised by a piece of equipment or a single kind of workout and are ready to look at some ways to genuinely improve yourself in ways that will allow you to move faster than you currently can. If you are, here are 6 steps you can take to create personal success for yourself in triathlons this year; 6 steps to help you become a faster triathlete!

## 1. Identify your reasons for racing triathlons.

You need to ask yourself one very important question: Why am I doing this? Take some time and reflect on this question. If it helps you, let your thoughts out onto paper or discuss your thoughts with a friend, family member, or fellow triathlete also reflecting on his/her reasons for doing triathlons. There are no right or wrong reasons. It is just important to know your reasons. Ask yourself the following questions:

- a. What do I most enjoy about triathlon training and racing?
- b. What are the best feelings I get to experience in my triathlon training and racing?
- c. When I first “fell in love” with triathlon, what was it that felt so great?

Your answers to these questions will help you get closer to your personal core reasons for participating in triathlons. Your reflection may tug at your heart a bit and remind you what matters most to you about participating in triathlons. All together, this process can help you to find out or to remind yourself why you like triathlons so much and why you are looking to have a great year.

You may be wondering what the heck this has to do with racing faster. The answer is you need to know what is most important to you in triathlon in order to structure your training and racing in a way that will allow you to experience and

achieve what matters to you. If you don’t really know what matters to you, you can’t really have any goals that have meaning to you. You will be left to pick goals out of thin air or to use someone else’s goals. But by knowing what matters most to you about your participation in triathlons, you can deliberately go out and make it happen, consciously taking the steps you need to.

## 2. Create or assess your triathlon goals.

From your personal reasons for participating in triathlon, you need to create your goals for the season. There is a great deal of very good information written about creating good goals. A simple summary of good goal setting advice would be to set specific, positive, challenging but realistic, and personally meaningful goals. A full discussion of goal setting is beyond the scope of this article. We want to emphasize the personally meaningful aspect. In our coaching of triathletes, we come across many folks who make their goals based on what they feel they are supposed to do. We also come across many folks who look to us to help them create their goals. A good coach can help you to clarify your goals or to restructure them in ways that make them more appropriate and helpful, but the core of your goals needs to come from inside of you. We encourage you to create your goals based on the reasons you have identified as why YOU like to participate in triathlon. If you have already created goals for the year, assess them to make sure they are in line with your personal reasons. Doing so will help to ensure a year you can look back on with a sense of joy and satisfaction.

## 3. Train with direction.

From your well-established goals, you need to train in a purposeful manner to help you to reach your goals. Simply “putting in the miles” or mindlessly following the workouts of your friends or local training groups may bring improvement in the short-term, but will lead to a plateau in your abilities rather quickly. Instead, carefully assess your current abilities and what stands between your current abilities and the abilities you need to have to reach your goals. From there, create a plan of action that will help you to develop as you need to.

*(Cont.p.4)*



## SIX STEPS (Cont.)

If you need help with this, consider reading some of the good books available on triathlon and endurance sports training or consider working with a triathlon coach who can help to provide this direction for you.

### 4. Create health-enhancing lifestyle habits.

Health and performance are not two separate entities, but rather two qualities that go hand-in-hand. The healthier you are, the better you perform. Two major areas that impact your health tremendously are your sleep habits and your nutrition habits.

With regards to sleep, you should aim to get a minimum of 8-9 hours of sound sleep per night. Many ambitious triathletes sacrifice sleep in order to complete more training either early in the morning or late in the evening. Obviously, you need to train in order to improve, but when the amount of training you are doing is limiting your ability to get enough sleep each night, you are fighting a losing battle. Hormonally, you simply need ample, quality sleep in order to improve as an athlete. The physiological changes that occur and allow you to improve and move faster will only happen when you consistently sleep well. We have often seen athletes improve substantially when taking out some of their training and sleeping more. Even though they were then training less, their bodies were better able to adapt to their training and they improved at a greater rate.

With regards to nutrition, you should aim to eat high quality nutritious foods throughout each day. Eating well does not have to be complicated. If you regularly consume whole, natural foods you will be assured of getting all the nutrients you need to support great health and your quest for improved performance. A few simple steps will help you in eating well:

- a. Base your meals and snacks around vegetables, fruits, meats, nuts/seeds, and whole grains/whole grain foods.
- b. Eat every 3-5 hours throughout the day to supply yourself with a steady incoming stream of nutrients.
- c. Eat breakfast.
- d. Drink water throughout the day.

While improving your nutrition habits, we encourage you to assign yourself a weekly nutrition task each week just as you would program your training. Your role each week is to execute this task just as you will execute your training. This allows you to gradually create better eating habits. A few examples of weekly nutrition tasks are:

- a. I will eat three large salads this week.
- b. When I go food shopping this week, I will stock my pantry with healthy foods like canned beans, canned tuna, whole grain pasta, wild rice, almonds, and cashews.
- c. I will eat a piece of fish for dinner two nights this week.

### 5. Consciously train your movement efficiency.

How efficiently you move when you swim, bike, and run is a very large determining factor in how fast a rate you can maintain in a triathlon. You will only move as fast as you are efficient. Both your ability to exert great amounts of force in sport specific movement patterns (sport specific strength/power) and your levels of aerobic and anaerobic endurance directly impact the rate at which you can travel in a triathlon. Triathletes commonly train these factors whereas consciously training movement efficiency is often neglected, despite its significant role in determining what speed we can maintain in a triathlon. We suggest making training your movement efficiency a larger priority. In fact, we suggest that you never train simply to gain strength/power or endurance at the expense of movement efficiency. If you need help with how to train your movement efficiency in triathlon, consider working with a coach who can help you to do so or consider reading some of the good teaching materials available. The materials of swim coach Terry Laughlin (to learn more go to [www.totalimmersion.net](http://www.totalimmersion.net)) and run coach Nicholas Romanov (to learn more go to [www.posetech.com](http://www.posetech.com)) are unique in their ability to help virtually anyone self-coach themselves to enhanced movement efficiency in swimming and running. For enhanced cycling efficiency, we suggest first working with an experienced bike fitter to ensure that you are suited to your bicycle in a biomechanical sense and then working on both your pedaling and bike handling skills each time your ride. (Cont.p.5)



PAGE 4



### 6. Rest as eagerly as you train.

Training without resting adequately is like trying to pour water into a cup with holes in the bottom; you just won't make any progress. Most triathletes are aware of this, but many ignore it. If you really want to improve this year, we offer the following suggestions for better resting:

- a. Every 3-6 weeks, take a Recovery Week where you train at 50% or less of your training load in your other weeks.
- b. Every week, take at least one Rest Day where you perform no training.
- c. When possible take a Total Rest Day where you perform no training, no work, and no chores. Sounds crazy, but what you do that day is REST. This is often most possible on a weekend day during a Recovery Week.
- d. If you are racing quite a bit, consider a mid-season break somewhere in the summer after a heavy period of racing. Take a week or two away from structured training and triathlon in general. If possible, you can take this break at the same time you take a family vacation. This can recharge your batteries and allow you to continue racing strongly in the later summer and fall.
- e. Try not to think of resting as "doing nothing". Many achievement oriented people get hung up on feeling like they are "doing nothing" when they are resting. Instead, try to think of resting as the act of resting which is a very positive "action" that leads to greater health and performance.

We hope that this advice gives you some help in creating a great year for yourself!

-JASON GOOTMAN MS, CSCS (jason@tri-hard.com) & WILL KIROUSIS BS, CSCS (will@tri-hard.com), Tri-Hard (www.tri-hard.com)



### I. Baby powder for quicker transitions.

Everyone arrives in transition with wet feet, and soaking toes are hard to jam into your awaiting cycling/running shoes. To help get your feet into your shoes quicker, sprinkle a little baby powder (or similar talc-containing powder) into the bottoms and around the lips of your shoes when setting up your transition areas. The powder will help dry your feet out and allow them to slip into your shoes more easily. Don't use so much that you have a chalky mess!

### II. Prepare bars for consumption on the fly:

Many people eat nutrition bars (like Clif Bars) during longer races. Often, athletes don't want to eat a whole bar at once (a half a bar is usually around 100 calories, a nice bite). To avoid fumbling with bars and wrappers on the bike or run, open the wrappers for your bars before the race, and cut bars and wrappers into the size portion that you plan to consume. You can re-wrap the bars in their packaging. Your nutrition chunk(s) can now be set in your helmet to transfer into your uniform pocket in T1. Once you are underway on the bike/run, you have pre-opened, pre-cut chunks ready to munch.

### III. Rubber bands hold cycling shoes in place:

More advanced triathletes choose to set up their transition with their cycling shoes already clipped into their cleats, with the intention of putting their cycling shoes on after they've mounted their bikes and gotten underway out of T1. A common problem is that cycling shoes like to bounce around and get out of position on the way out of T1. You can use thin rubber bands to tie your shoes off against your bike and hold shoes in an upright position at 3 o'clock and 9 o'clock – ready to step into once you've gotten out of T1. The front shoe (9 o'clock) can be tied off to a water bottle holder on your down tube, and the rear shoe (3 o'clock) can be tied off against the chain stay. Avoid tying off against the chain or derailleurs. Once you start pedaling, the rubber bands will snap and be out of your way.

- PJ DESCHENES, Elite Racing Group





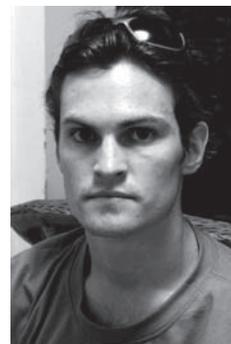
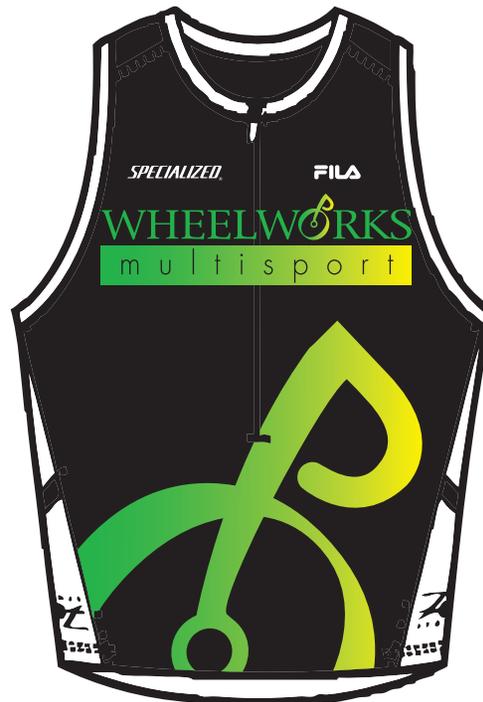
# ZOOT

We are excited to announce Zoot as a new sponsor. They are currently in the process of finalizing our uniform order.

I hope you enjoy the new design.

-JAMIE HUNT

PAGE 6





## WHY THERE ARE NO SNAPPING TURTLE(S) IN WALDEN: A TRUE JUST-SO STORY

My six-year-old nephew Sebastian is learning to swim in a pool, but I have a hard time getting him into Walden Pond. He is convinced, you see, that there could be great white sharks or maybe crocodiles down there, and they could come up and grab him. (And if you, too, have any irrational fears about such stuff, you might want to stop reading right about here.)

I tell Sebi truthfully that I have seen snapping turtles and even a big white eel in Walden, but that there is nothing that could hurt him, except for the turtles, and he would have to step on those or poke at them to make them snap at him. I do warn him not to do that. I'm hardly worried though. Since 1998, I have often seen one big snapping turtle, usually foraging on the bottom. The first time, I dove down and grabbed him on the rear of his shell and hauled him out for a look. In the process, I put a water-logged stick in front him. His head shot out and he snapped it in two. "SNAPPING turtle" is apt. Hundreds have seen him. One fellow even bumped into him on an evening swim. No fingers or toes have been lost. But I do know that snappers can get VERY angry.

In June, 2003, I was busy storing winter stuff under my deck in big plastic boxes when I heard a commotion in the parking lot of the Harvard building next door. An elderly couple was trying to carry something. It was a large snapping turtle that had been having a bad day. They saw him crossing I-95 with cars whizzing about and had managed to push him or her into a plastic crate. The shell actually had a tire tread mark on it. They were about to call the Cambridge Police "so that they can go and release her (I decide she was a she) somewhere." I said something polite that boiled down to "fat chance," and suggested that euthanasia was more their speed.

I then imprudently offered to take the creature to a place I knew. After putting the turtle in one of my huge storage boxes (see photo), naming her "Gladys" (why not?) and trying in vain to feed her sardines, I put the box in the back seat of my car and headed for trails that would take me to the Andromeda Ponds on the far side of Walden. (Cont.p.8)

## TRI NIGHT - PETER REID (Cont.)

Tri Night will also feature a raffle with three grand prizes: a Specialized bicycle frame with carbon fork, a set of Mavic Ksyrium Elite wheels, and a Zoot wetsuit. Additional featured prizes include Fila shoes, Oakley sunglasses, a Tri-Hard coaching package, and gift certificates to Belmont Wheelworks and PR Running stores. Raffle tickets will be available at the event for \$5 and \$10 (grand prize tickets). Wheelworks Multisport will donate \$1 from each raffle ticket sold to CYCLE Kids – a non-profit after school program that teaches health and wellness through a curriculum based on bicycling. All additional proceeds benefit Wheelworks Multisport. Admission is free. Limit 300 guests.



## TOP 10 SIGNS A NEW TRI SEASON HAS BEGUN

1. Tri Gear has taken over the house
2. You invite friends to a goo & gel tasting party
3. You start petting and talking to your bike
4. Aches & pains pop up for no apparent reason
5. Shouting "Body Glide!" in your sleep
6. Wondering if March is too early to start carbo loading?
7. Racing out of the shower and getting dressed is now "T1 training"
8. Start leaning over your desk at work in the "Aero" position
9. Research home equity loans to buy a new bike
10. Start searching WWMM blogs for "secret tips"

-ALAN PRICE



## NO SNAPPING (Cont.)

Gladys and the box weighed about 20-25 lbs, the box was almost a yard wide, and the trails were over grown already. It made for slow going. I reasoned (?) that it would be easier just to pick her up by the back end of her shell and leave the box behind. Her first reaction to this was disheartening and her “business” barely missed me. “She can’t do THAT again” I mused as I trudged along, but failed to consider everything else that she could do.

Gladys clearly did not understand that I was rescuing her. Those 20 or so pounds of solid muscle flailed in every direction. Her hind claws scratched my forearms. Her eight-inch neck and head shot out and back at me with incredible speed and at unpredictable angles. And she snapped a lot. To say that “she wanted a piece of me” doesn’t really cover it.

By this time I was cutting straight – damned straight – through the woods a fast as I could go and still hang on to this critter that was striving so earnestly to take my life. Andromeda was still a half mile away, but I caught the glimmer of Walden and made a beeline.

Finally I put Gladys on sand by a Walden Cove and backed off waiting for her to plunge into the water, but she just lay there, glaring at me. I hid. There she sat. Determined to save her (and be rid of her), I rolled her into the Pond, very happy that she could only hiss at me. Then suddenly Gladys swam away at a velocity that assured me that she, at least, was no worse for the stress of the episode. I went home and had several beers.

Now, here is the part of the tale that I would not blame you at all for not believing: Three days later I was swimming the width of Walden from the side beach where people sun themselves. About half-way across I saw something at the edge of my watery vision, swimming perpendicular to my trajectory. I assumed it was another swimmer, but as I got closer, I was amazed to see that it was a big snapping turtle. Now every snapper sighting I have ever heard of at Walden has been in the depths and/or at dusk – never in the middle, in broad daylight. The best odds are that this was Gladys still getting her bearings. But what are the odds of her swimming at her pace in a path that would exactly intersect with mine? “Astronomical” doesn’t cover it.



Funny thing is that I have not seen a snapper in Walden since 2003. Maybe my snapper was indeed a Gladys. Maybe the old Walden snapper was a male. Maybe they eloped.

Since the white eel of Walden (you can look up an article in Audubon Mag on it if you are skeptical) passed away in 2005, and there have been no sightings of turtles, I think that what I tell Sebi is right: There is nothing in Walden that should scare you; just don’t breathe the water.

-SHERMAN ROBERTS



# 3 CONFESSIONS OF AN ALL-AFTERNOON SWIMMER

Event: Grenada Cross Harbor Swim  
Distance: 2.1mi,  
Venue: St. George, Grenada, West Indies

(WHISTLE)

- Ok, go! Swim! Oww, elbow that bastard back! Toes... toes... need some toes.... There's a nice pair! No wait, too slow... need some faster toes!

- Someone... anyone... please? Nope, all alone. This is going to be a long 2 miles.

- Should I have had that Redbull right before the start? Of course, that's what PJ does. Now I am going to swim like him!

- One, two, three – breathe – one, two, three – breathe – one, two, three, FOUR – breathe! Yes, 4 strokes to a breath!

- Swimming in the Caribbean, nothing like it. 85 degree water... salty... I wonder if I can wear my wetsuit next time?

- Kick you worthless legs! You don't have to get on a bike after this! KICK!

- Whoa, Angelfish!

- That group ahead of me – why do I keep hearing laughter and voices coming from them. Are they breast stroking???

Are they really still beating me? Oh man, that's the Grenada Youth Girls Swim team. Come to Papa....

- I got them, HA! Eat my bubbles. Who's laughing now.

- Man I am slow... I hope I am not embarrassing Wheelworks.

- Whoa, Banded Rockfish!

- That Vaseline is good stuff. My armpits love me right now. I wonder if I slather myself head to toe, will I be faster? Well, I can't be any slower!

- Uno, dos, tres – respira – uno, dos, quatro – no tres – Breathe (sputter)

- Holy hell that's a big buoy! It almost ran me over.

- Toes! Get some! Yes, take me home – I'm along for the ride. Nantucket sleigh ridin' in the crystal clear of the Caribbean!

- Sea Urchins, lots of them!

- Why are you breast stroking, man in front? WHY are you NOT wearing goggles? No wonder you can't swim straight. Out of the way, peck!

- Am I moving? Am I going forward? Current, must be the current. RIGHT?

- Form, this form is pathetic. I am doggy paddling for all intents and purposes. Let's fix it. (Roll onto the side, reach, stretch this stroke...) YA! Calf doesn't like that! Let's stick with the d-paddle.

- (big fish shadow) Umm... what was THAT? That was HUGE! Jaws? Architeuthis? Nemo? SWIMMMM!

- Last buoy to the left shoulder, home stretch. Dig you Sally, dig! JFK pool, last 100. What would the team say? They would laugh, Kam, they would laugh. PULL!

(exit the water)

- RUN! Get to the transition! Did that announcer just say I am from Puerto Rico? This speedo is Red, White, and Blue... US of A! Check point - Go!

“You're done son, congratulations. Slowww down. 53 minutes, nice work.”

- 53 minutes? Current, must have been the current.

-KAMERON SHAHID



PAGE 9

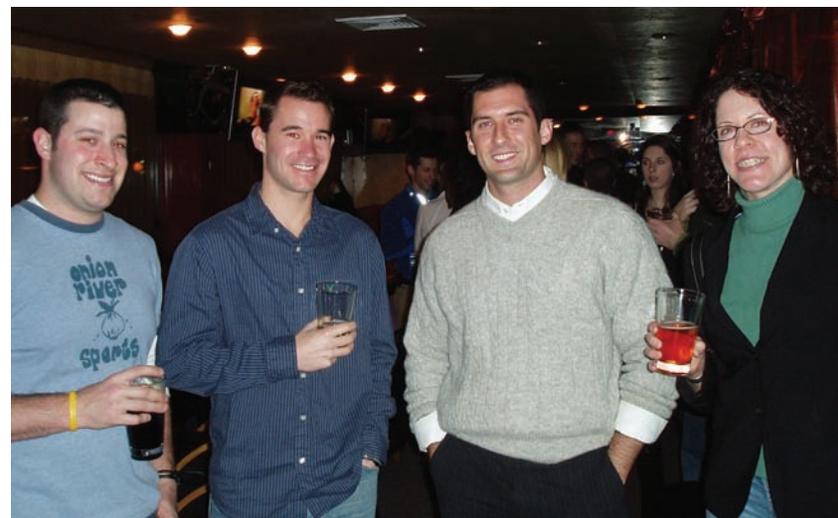




## WELCOME NEWBIES!

The stage has been set for an electrifying year with the success of the New Member Social, held on Thursday, February 23, at The Rack in downtown Boston. We had an excellent turn out of both old and new members, and the 2006 team looks to be one of the best groups to date. Amid the socializing, billiard playing, and hors d'oeuvre munching, connections were formed between potential training partners and future social buddies. Clif Builder bars were passed out to all, and congrats to newcomers Bryce and Jason E. for walking away with our door prizes - a free month of training from Tri-Hard Conditioning Systems! Welcome all to the 2006 WWMS team!

-ELIZABETH WAGNER



PAGE 10

## ABOUT WWMS

Wheelworks Multisport (WWMS) is a Boston area based triathlon team with over 100 members, offering athletes a chance to train and race together, as well as participate in our many social events. The team focuses on triathlon (swim, bike and run), but members participate in a wide variety of competitive sports. WWMS won the USAT New England Triathlon Club Championship for the second consecutive year in 2005.

WWMS is comprised of athletes across all levels, from beginner to elite triathletes. Several have received special recognition in the USAT national rankings. We also have members who participate in Iron-distance events, including one Ironman World Championship participant in 2004.

WWMS is sponsored by many top-name sponsors, including Belmont and Ace Wheelworks, Specialized, PR Running, Fila, Mavic, Tri-Hard, Zoot, Vittoria, Oakley, and Clif Bar.



WHEELWORKS



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