



Owner Mark Ceccarelli has two stores. One is located in Upland at 65 E. Foothill Blvd. and the other in Rancho Cucamonga 7890 Haven Ave. # 21-B. Mark will be our Guest speaker in April along with the local Specialized rep. I'm looking forward to what they have to share with us.



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Nikki Williams
Greg Nametz
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Taking Shape

Triathlon Connection is slowly taking shape. The next Triathlon Connection club meeting will be held on March 1, 7:00 PM at Carrow's Restaurant (11669 Foothill Blvd. Rancho Cucamonga). Betsy Galent will be our guest speaker. Betsy is the 2006 women's time trial champion.

Thanks to Sinta Tan, our club web site, www.triathlonconnection.com is up and running. It looks great. Enhancements will continue as time permits. Please contact Sinta Tan with your suggestions. Chris Patterson has started a Sunday run group. The groups runs out of Day Creek Park (corner of Day Creek and Baynon) ever Sunday at 6: AM.

Together with Cycling Connection, we will soon have a standard Saturday Ride. Beginning in March, the ride will start at 8:00 am. We will meet at "It's a Grind" coffee house (corner of Day Creek and Baseline). There will be two groups / routes to choose from. As the ride matures, we will add more.

If you ordered a club jersey, sample sizing jerseys will be available at the March meeting. Things are defiantly coming together. Come join us.

Tony Troccoli

Sponsor Spot Light – The Competitive Edge Cyclery

The Competitive Edge Cyclery was established in 1987 for the sole purpose of creating a truly specialty bike retailer. They soon expanded to two stores carrying only the best cycling products on the market. Not only do they sell the best products, but we also exceed in customer service. In 1999, they were voted by the industry as a top 100-bicycle dealer in the United States. People go to the Competitive Edge Cyclery store because of the great selection and great service. They carry all the top brands available, with over 500 bikes in stock. Their clothing and accessory selection is one of the best in the Inland Empire.

Know Your Sweat Rate

When you exercise, your body loses fluids. To perform optimally, you need to replace the fluids your body loses. Your personal sweat rate (PSW) will help you determine how much you need to drink and how often while you are exercising. Your sweat rate may differ from one activity to another. For this example, we will use running.

When well hydrated, do a short warm up and then weigh yourself naked. This weight will be called the pre-run weight. Run for an hour in the conditions and intensity you expect to face in an upcoming training session or race. Dry yourself thoroughly. Weigh yourself naked. This weight will be called the post-run weight. Subtract the post-run weight from the pre-run weight. Multiply the result by 16.

$(\text{pre-run weight} - \text{post-run weight}) \times 16$. If you drank during the 1 hour run, add the number of ounces you drank to this number.

Example:

Pre-Run weight: 160
Post-Run weight: 156
Pounds lost: 4
Drank 8 ounces of Water

$(160-156) \times 16 = 64 + 8 \text{ (ounces of water)} = 72$

Total fluids lost = 72

Try to replace 72 ounces of fluid each hour, preferably with a hydration fluid like Gatorade, Cytomax, or Accelerade (other products available). When replacing fluids, It is best if you drink fluids every 15 to 20 minutes. Where does the Fluid Go? Your body loses fluid, urine, sweat, through evaporation (other than sweat), and water used inside the body and respiration.



Half Ironman Fever

It's nice to see so many Sprint and Olympic distance triathletes (beginners less than a year ago) step up to the Half Ironman distance this year. It could only mean one thing...this is fun!!! I received the same question several times last month; "which half should I do?" I've done a few (too many). I cannot tell you one is better than the other. But I can tell you about each and hope it helps you make a decision. Buena Suerte.

Ford Ironman 70.3 – Oceanside California
The Half Ironman in Oceanside was typically held in early April. But with the introduction of Ironman Arizona, the Ford Ironman 70.3 – Oceanside is now held in March. Never mind the chance of rain or cold water temperatures.

The Swim starts and finishes at the boat ramp in the southwest quadrant of Oceanside Harbor and goes in a counter-clockwise direction. The course is one loop and begins by paralleling the west side dock, angles left toward the mouth of the harbor, and turns around where it meets the Boat Basin entrance. The only part of the swim course where you may encounter swells or difficulty is at the swim turnaround where the Boat Basin entrance is located. The course follows the same layout as it returns. Transition 1 is located in the parking lot that starts at the boat ramp and goes north.

The bike section heads North through the Camp Pendleton Base and then along the coast until you reach San Clemente. The course takes you inland and reenters Camp Pendleton Base making a large clock-wise circle the through Camp Pendleton Base. You can expect three significant hills on the course and a few steep descends. The last 10 miles, heading into the transition, is pancake flat but may include some headwind. Due to the heightened security in and around Camp Pendleton Base in Oceanside, no pre-riding of the course is allowed.

The run is flat, fast, and fun. Exiting the transition area, you run South along the strand and through residential streets that parallel the ocean. It is a two loop course. Let's hope they take the sand portion out of the run this year.

This is a very fun race that favors strong cyclists, ocean swimmers, and sometimes weather tolerant athletes. The Ford Ironman 70.3 California triathlon, set to take place on March 31st has closed to general entry. For more information, log into www.ironmancalifornia.com. The only North America Sports event with general entry spots available in 2007 is the Ford Ironman 70.3 Florida event being held in May. For more information, log onto www.floridahalfironman.com.

WILDFLOWER – Lake San Antonio California
Wildflower, held the first weekend in May, is known amongst the triathlon community as the Woodstock of triathlon. The weekend plays host to 3 events and is set in a camp ground environment. Half Ironman and Mountain Bike races are held on Saturday and the Olympic race, including the collegiate championships, is held on Sunday. The closest hotel is 40 miles way.

The lake swim is pleasant and water temperature usually comfortable with a full or sleeveless wet suite. After leaving the boat dock, a slight right hand turn continues into a straight out and back. The transition area is massive covering 95% of the dock's huge parking lot.

If you're cold coming after out of the water, no worries. The bike takes you along the lake for about half a mile before a sharp right hand turn leads you up a steep mile-plus climb. After cresting your wake up call climb, the first 5 or so miles are rollers heading out of the park. Once you exit the park, you'll make a 45 mile clock-wise loop around the lake before heading back into the park the same way you came out. The loop includes a good variety of flat and fast sections as well as why did I sign up for this damned race hills. The bike course is a hoot, but make no mistake, it will kick your butt.

The run becomes a survival for those who didn't respect the bike course's difficulty. The run is flat....for 1 mile. Then it's up, down, up, up some more, that's not enough, up even more. You'd think you were becoming Superman with as much "up, up, and away" as this course has. And when you come down, it's only to go up again. But the fun part is running through the camp grounds where thousands of families and next day racers are cheering you on.

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Events

Feb 24-25
Long Beach
Tour of California
Festival Weekend

March 1 Club Meeting
Carrows Restaurants
11669 Foothill Blvd
Rancho Cucamonga

March 4
Los Angeles
LA Marathon & Bike Tour
www.lamarathon.com
www.acuraLABiketour.com

March 10
Solvang
Solvang Century
www.bikescor.com/solvang

March 17
Bell Gardens
Tour De Sewer
www.bellgardenslions.com

March 23-25
Redlands
Redlands Classic
www.redlandsclassic.com

March 25
Palm Springs
Women Run Wild
www.kleinclarksports.com

March 31
Oceanside
Ironman 70.3
www.ironmancalifornia.com

April 5 Club Meeting
Carrows Restaurants
11669 Foothill Blvd
Rancho Cucamonga

April 15
Bonelli Park, San Dimas
Los Angeles Triathlon Series
www.trievents.com/

April 22
Palm Springs
Desert Triathlon
www.kleinclarksports.com

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**Coates Cyclery**

760 E Foothill Blvd.

Pomona, CA 91767

909-624-0612

<http://coatescyclery.com>**Running Center**

1430 Industrial Park Ave

Redlands, CA 92374

Ph: (909) 335-2226

2584-B El Camino Real

Carlsbad, CA 92008

Ph: (760) 720-7475

27548 Ynez Road, #I-3

Temecula, CA 92591

Phone (951) 587-8450

<http://www.runningcenters.com>**Top Speed Running**

1371 Foothill Blvd.

La Verne, CA 91750

(909)593-7400

<http://www.topspeedrunning.com>

It has been said, if you complete Wildflower, you are capable of doing and Ironman. Race difficulty aside, this is a fabulous camping weekend for the entire family. It hosts one of the better expos I've seen and the general laid back attitude makes it a very enjoyable stress reliever. For more information, see www.tricalifornia.com.

CALIFORNIA-MAN – Morgan Hill, California
I did California-Man Half its first two years when it was held first in Folsom and then in Davis the following year. Last year it was moved to Morgan Hill where it will be again in 2007. I have not done the course in Morgan Hill but I understand the swim will be held in a clean, fresh water reservoir to be announced shortly. The bike course will travel on minimal used county roads near the communities of Morgan Hill, San Martin and south San Jose. The run will meander along a scenic and safe paved bike trail, offering views of the hills of the South Bay. The finish will be at Live Oak High School in Morgan Hill. Word is this venue is convenient for spectators, with spacious facilities for a grand finish village on race weekend.

My experience with J&A productions is very positive. Both races I did were very organized. It was evident the race was run by athletes and not by management team without race experience. Marshals were placed at key sections of the race and the aid stations had specialty foods like strawberries and watermelon. It could get hot in June but be assured, these guys have it covered. I'm leaning towards doing this one in 2007. For more information www.japroductions.com

VINEMAN 70.3 – Santa Rosa California
The 2007 Vineman Ironman 70.3 Triathlon (formerly the Half Vineman Triathlon) will be one of four Half Ironman triathlons in the United States which will be a qualifier for the 2007 Ironman Triathlon World Championship in Kona, Hawaii! (28 qualifying spots). It will also include 75 qualifying spots for the Ironman 70.3 World Championship in Clearwater, FL. This event has become one of the most popular and highly competitive triathlons in the world. 2007 entries will be limited to 2000 athletes.

The Vineman Ironman 70.3 Triathlon will be held on July 22nd, 2007 in Sonoma County, California (about one hour north of San Francisco). The point-to-point event begins at Johnsons Beach in Guerneville and takes entrants past literally hundreds of vineyards and dozens of wineries before it finishes up in at Windsor High School (just north of Santa Rosa). The course is a tour of Sonoma Countys beautiful wine country, passing through four different grape growing regions: the Russian River Region, the Dry Creek Valley, the Alexander Valley, and Chalk Hill.

The Vineman Ironman 70.3 swim is staged at Johnsons Beach in Guerneville, California. The swim takes place in the Russian River. Groups of 75-150 swimmers at a time will start in eight minute intervals beginning at 6:30 AM. Water temperatures will be between 72 and 82 degrees; USAT guidelines regarding wetsuits will be followed.

The swim course is an out & back course which starts in front of the dam at Johnsons Beach and proceeds upstream to the turn-around point. Swimmers will keep the swim buoys on their left-hand side for the entire swim.

Between the Russian River being dammed up in a number of locations near Guerneville and the fact that it almost never rains in Sonoma County between June 1st and October 15th, there is very little current in the river during this time period. Under typical conditions, a 25-minute mile swimmer should expect it to take about one minute longer to make it to the turn-around point (swimming against the stream) than it would to return back to the swim finish from the turn-around (swimming with the current.) The swim course will remain open for one-hour and fifteen minutes after the last wave of swimmers starts.

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The bike portion of the Vineman Ironman 70.3 is a great course. It is challenging, but not too difficult. Its many rolling hills and curves are technically demanding. It has 1600 feet of climbing, a 385 foot climb on Chalk Hill, which is enough of a challenge because of the location. Its comes at 45 miles into the ride to keep you honest in your training and rave pacing. But most of all the course is extremely beautiful, passing endless miles of vineyards and dozens of wineries.

The bike begins at Johnsons Beach in Guerneville and finishes at Windsor High School (approximately 15 miles away from its starting point). Aid stations are located approximately every 15 miles. Air temperatures generally range from the low-to-mid 50s early in the morning to daytime highs between 80 and 95 degrees

The Vineman Ironman 70.3 run course starts & finishes at Windsor High School. The run course takes athletes to the La Crema Winery on an out & back route. Aid stations are located approximately each mile on the run course and will be serving (as most races do): Gatorade Endurance Formula, water, cola, Clif Shot, assorted fruit, & cookies

The run course starts at Windsor High School and takes athletes to the La Crema Winery on an out & back course. The run course will be open for eight hours after the last wave of swimmers begins. A lady's only version of this race is offered in August; Barb's Race. For more information on both, see <http://www.vineman.com>.

BIG KAHUNA – Santa Cruz, California
A very popular race, held in September at the historic Beach Boardwalk in Santa Cruz, is flat and fast. The Big Kahuna Triathlon starts and finishes near the historic Beach Boardwalk. The Big Kahuna pre-event Expo and Transition Area are located at Depot Park at 119 Center Street in Santa Cruz, California

The Swim Segment is an ocean swim clockwise around the Santa Cruz Wharf. The start line is on the beach on the east side of the Santa Cruz Wharf. Competitors must pass to the left of the swim buoys. Upon exiting the water, it's a short run across the beach and then a continued run down Pacific Ave into the transition zone at Depot Park.

The Bike Segment is a scenic tour of the California coastline beginning at Depot Park and across the West Cliff Bridge. The course winds its way through the surrounding West side neighborhoods, then North on Hwy. 1 to the turnaround at Pigeon Point Lighthouse and returning back the same route to the Beach Boardwalk transition zone. You can expect head wind all the way out to the turnaround. I tell my athletes to push hard on the way out because coming back, you should benefit from a good tail wind. Watch out for diagonal train tracks that can easily swallow your front tire sending you quickly to the ground.

The Run segment is an out and back beginning at the Transition Area at Depot Park and heading across the West Cliff Bridge to the West Cliff Path. From there, it's a primarily flat, fast, coastal run along the West Cliff path around Natural Bridges State Park, through the surrounding community, along an access path to Wilder Ranch State Park for the dramatic turnaround on the rugged ocean bluffs. Runners will then return on the same route to a dramatic finish on the beach in front of the main stage at the Santa Cruz Beach Boardwalk.

The year I did this race, you could hear the seal lions as you swam. For more information, see

www.japroductions.com/kahuna

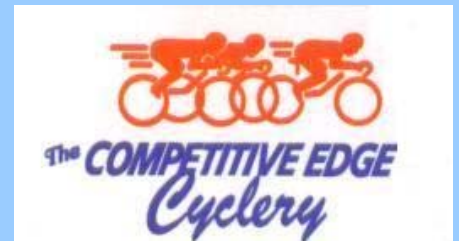
SOMA – Held in late October in Tempe Arizona, this is a flat, fast, and fun race. It's a great venue held close to Main street with plenty of restaurants and things to do while you wait the start of the race. It's a great way to preview the Ironman Arizona course held in April.

The swim is in a channel with very little current. Don't let the dark water scare you, it's clean. The bike is flat as a pancake as is the run. For those ready for something bigger than an Olympic distance race but not quite ready for a Half Ironman, Soma offers a shorter version called the Quarterman at this event. Both are beginner friendly and great first time races.

Tony Troccoli
USAT & USAC Certified Coach
www.Coach-Tony.com



Don's Bike Shop of Rialto
384 S. Riverside Ave.
Rialto, CA 92376
(909) 875-7310
info@donsbikeshop.com
<http://www.donsbikeshop.com>



The Competitive Edge Cyclery
65 E. Foothill Blvd.
Upland, CA 91786
(909) 985-2453

The Competitive Edge Cyclery
7890 Haven Ave. # 21-B
Rancho Cucamonga, CA 91730
(909) 483-2453
<http://www.compedgebikes.com/>



Cyclery USA
415 A Tennessee St.
Redlands CA 92373
(909) 792-2444

10000 Magnolia Ave.
Riverside CA 92503
(951) 354-8444
<http://cycleryusa.com>

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<http://www.desotosports.com>



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www.Coach-Tony.com

Safety - Rules Of The Road

- Arrive Early
- Determine Routes Before Starting Ride
- Introduce New Members
- Start Ride on Time
- Wear a Helmet
- Leave Headphones at Home
- Pass Only on the Left
- Announce Pass to Other Cyclists
- Take Some Money for Rest Stops
- Be Prepared for Mechanical Problems
- Ride Friendly and be Aware of Traffic Conditions
- Double File on Shouldered Roads
- Never Leave a Woman Alone on the Route
- Include New Members. Even if a Cyclist Has to Slow Their Pace to Help.
- Make Sure Everyone Completes the Ride Safely
- Have Fun!

CLUB FINANCES

Jan Balance	\$1426.80
Membership	\$ 203.00
Feb Expenses	\$ 600.00

	\$1029.00

Electrolyte Replacement

By *Steve Born*

The final ingredient for proper fueling during exercise has to resolve electrolyte issues. Electrolyte replacement during exercise is a necessary procedure that is also highly individual. This is because everyone's body is different, their sport is different, training duration and intensities are different, and weather conditions are different.

WHAT ARE ELECTROLYTES AND WHY DO I NEED THEM?

Electrolytes are chemical substances used in the formations of electrically charged particles (ions) in body fluids. Electrolytes are used to create electrical energy necessary for many body functions including transmission of nerves impulses and muscle contractions. In simple terms, many normal bodily functions are dependent on these substances. As important as the fuel you consume and the water you drink during exercise is a consistent replenishment of electrolytes. Normal body functions, not to mention performance, are severely compromised if adequate levels of electrolytes are not present, especially in the heat and/or when exercise goes beyond the two-hour mark.

WHY CAN'T I JUST USE SALT TABLETS?

Many athletes have suffered needlessly with swollen hands and feet from water retention due to ingestion of salt tablets or electrolyte products too high in sodium during prolonged exercise in the heat. Too much sodium is counterproductive as it interferes with or neutralizes the complex body mechanics involved in re-circulating and monitoring proper blood sodium levels. Sweat losses generate large losses in sodium and chloride, which are re-circulated by a positive feedback loop monitored closely through hormonal receptors throughout the body. In other words, the body has very effective mechanisms to regulate and re-circulate sodium and potassium. Rapid replacement of sodium neutralizes the body's hormonal defenses, allowing water replenishing to dilute sodium content. High sodium electrolyte supplement is temporal and contradictory to natural

physiological serum electrolyte control. One reason salt tablets were eliminated from professional athletic training kits is that shortly after a sodium-depleted athlete would slug a few salt tablets; stomach cramps would bend them over double.

Salt stains on jerseys and shorts are NOT an indication that the athlete is sodium depleted. Rather it is the body excreting excess amounts due to an over abundance in the body (which is why dumping more sodium in the system is extremely counter productive). What is required is a low-sodium approach to electrolyte replacement that emphasizes a balance of essential minerals that cooperatively enhance the body's natural hormone and enzyme mechanics. In essence, we want to work with our body, not against it.

The truth is that the human body needs very minimal amounts of sodium to function normally. We need only 250 mg of sodium each day; athletes maybe 500 mg, which is easily supplied by natural, unprocessed foods. However, the average American consumes approximately 6000 to 7000 mg per day. The average athlete stores at least 8,000 mg of dietary sodium in tissues and has these stores available during exercise. Most athletes perform successfully using from 80-300 mg. sodium per hour in prolonged endurance events. Sodium is necessary but not by itself and not in mega-dose quantities.

WHAT MAKES ENDUROLYTES DIFFERENT? AREN'T ALL PRODUCTS SIMILAR?

It would have been easy to formulate a product that matched one of the many perspiration analysis studies, then explain to athletes that they were simply replacing what they lost. Some products may do just that. Unfortunately, there's a problem with this because individual sweat-loss differences vary greatly and the human body does not and cannot efficiently replace what it spends during exercise activity at any intensity above walking pace. Electrolytes lost are not

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Treadmill Threshold Workouts

By Gale Bernhardt
 Courtesy of Active.com
 January 30, 2007

At some point this winter nearly everyone has experienced cold weather. The third week in January, the only spot in the nation that wasn't blue (meaning really cold) on the weather map was southern Florida. The chilly weather has driven triathletes and runners indoors to hit the treadmills. If the cold hasn't driven you to the treadmill, perhaps it is the promise of performance later in the season that has you happy as a hamster to run nowhere. I've outlined the following three-week progression of workouts. Depending on how you decide to run the sessions (more on that later), you can do one or more of the following:

Maintain your leg speed when outdoor runs on ice don't allow you to run fast
 Improve your lactate threshold heart rate
 Improve your lactate threshold speed
 Improve leg strength
 Get a high quality workout completed in 45 minutes

You will do one workout each week for three weeks. It is best if you begin following a rest week, and the first treadmill session is in the first week of your new training cycle.

Workout #1

Warm up at zero to one percent incline for 20 minutes at a pace that is completely aerobic. This would be marathon pace or slightly slower. After the warm-up, run five repeats that are three minutes in length. Jog an easy one minute recovery interval (RI) between each running interval. For the run intervals, put the treadmill speed at your best 10k pace from last season.

Run the first three minutes at zero incline, the second repeat at one percent, the third at two percent, the fourth at three percent and the final repeat back to zero incline. Cool down with easy jogging for the remaining time to total 45 minutes.

5 x 3 minutes (1 minute RI) at 0%, 1%, 2%, 3%, and finish with 0% incline.

Modifiers

For your one minute easy jogging interval, slow the treadmill down and reduce the speed so you can get your heart rate down quickly. If you have to walk to recover, your run interval speed is too fast.

For those just beginning to work on their lactate thresholds, your heart rate at the end of the first repeat should be roughly 13 beats below your lactate threshold heart rate. Your heart rate will slowly climb throughout each workout so you finish the last incline interval at three beats below threshold heart rate. The entire work portion is done at lactate threshold heart rate minus 13 to minus three beats. (Yes, the 13 is first intentionally because I don't want you to begin too fast.)

For those that already have some threshold work under your sweat-wicking garments this season, your heart rate should be roughly ten beats below your lactate threshold heart rate at the end of the first repeat. Your heart rate will slowly climb throughout each work bout so you finish the last incline interval at three beats above threshold heart rate. The entire work portion is done at lactate threshold heart rate minus ten to plus three beats. (Yes, the ten is first intentionally because I don't want you to begin too fast.)

If this is your first season of speed work or it has been awhile since you've done speed work, remove the three percent incline interval in Workout #1 and all other workouts -- so you do one less repeat than shown.

As you progress through the three workouts, try to keep within the heart rate guidelines I've outlined. For some people, this may mean slowing the treadmill pace down. For others, it may mean increasing the treadmill speed -- so you're going slightly faster than your best 10k pace from last season.

The perceived exertion rate of each running interval should be moderately difficult. At the end of each run interval, you should not be gasping for breath but also not be able to sing a tune while breathing and sounding perfectly normal (normal for you, that is.)

April 22

La Jolla half Marathon
 La Jolla
www.lajollahalfmarathon.com

April 29

Redlands
Run Through Redlands
www.redlands-events.com

April 29

Los Angeles
City of Angels Fun Ride
www.coarunride.com

May 5-6

Lake San Antonio
Wildflower Triathlons
www.tricalifornia.com

May 12

Bonelli Park, San Dimas
Los Angeles Triathlon Series
www.trievents.com/

June 9

Bonelli Park, San Dimas
Los Angeles Triathlon Series
www.trievents.com

June 9

Redlands
Ride Around the Bear
www.ocw.org

July 22

Santa Rosa
Vineman Ironman 70.3
www.vineman.com

September 9

Santa Cruz
Big Kahuna Half Ironman
japroductions.com/kahuna

October 10-15

Palm Springs
Tram Road Challenge
www.kleinclarksports.com

November 10

Upland
Tour De Foothills
www.tourdefoothills.com

December

Hemet
Tinsel Triathlon
www.tinseltriathlon.com



Yahoo Group Message Board

The best way to stay in touch with what's gong on is to join the club Message Board. To join, simply go to <http://sports.groups.yahoo.com/group/coach-tony/> and select the "JOIN THIS GROUP!" button. Setting up preferences is easy and flexible allowing control over the amount of e-mail received. Here are the steps to setting up your message board profile:

Step 1: Your Contact Information

You will need to choose an e-mail address used to identify you when you access photos, messages, and other features of your Yahoo! Group. This profile will also be used to identify you when you access the Group's Web features. Yahoo Groups will ask you to choose the email address that you would like group messages sent to

Step 2: Message Delivery

Yahoo! Groups lets you choose how you stay in touch. Select the "Individual Email" option if you want to get each group message and special notice individually and immediately, as they are posted. Or, select the "Daily Digest" option if you want to see all messages but limit the amount of email you receive. Yahoo Groups will compile a single email including all the day's messages and send daily (special notices included).

Step 3: Message Preference

Select a display format for email messages you receive. "Fully Featured" provides a web like look to the messages while "Traditional" send messages in simple text format.

PLEASE NOTE: All current message board members are set to "Daily Digest" and "Fully Featured." Individual settings can be adjusted by going to <http://sports.groups.yahoo.com/group/coach-tony/> and selecting "EDIT MEMBERSHIP."

Once you are a member of the message board, you can post messages directly on the message board or send your messages from your e-mail address to [coach-
tony@yahogroups.com](mailto:coach-tony@yahogroups.com). Please contact me with any question you have regarding the message board.

Workout #2

Warm-up at zero to one percent incline for 20 minutes at a pace that is completely aerobic. After the warm-up, run five repeats that are four minutes in length. Jog an easy one minute between each running interval. Put the treadmill speed at your best 10k pace from last season.

Run the first four minutes at zero incline, the second repeat at one percent, the third at two percent, the fourth at three percent and the final repeat back to zero incline. Cool down with easy jogging for the remaining time to total 45 minutes.

5 x 4 minutes (1 minute RI) at 0%, 1%, 2%, 3%, and finish with 0% incline.

Workout #3

Warm-up at zero to one percent incline for 20 minutes at a pace that is completely aerobic. After the warm-up, run four repeats that are five minutes in length. Jog an easy two minutes between each running interval. Put the treadmill speed at your best 10k pace from last season. Run the first four minutes at zero incline, the second repeat at one percent, the third at two percent and the fourth at three percent. Cool down with easy jogging for the remaining time to total 45 minutes.

4 x 5 minutes (2 minute RI) at 0%, 1%, 2% and finish with 3% incline.

Repetition leads to improvement (in you and the weather)

After you complete the third workout and have a recovery week, you can repeat the workout series once per week for your next training block -- if you have the time and need to do so. If you decide to repeat the series, one option is to see if you can increase the treadmill speed and still stay within the heart rate guidelines.

After completing one or two rounds of the workout series, you should see one or more of the improvements listed earlier in the column. Take note of the speeds you ran and the associated heart rates if you use a heart rate monitor. You can use this data for subsequent running workouts this season and as a starting point for workouts next season.

I'm hoping that by the time you complete the workout series, we all see an improvement in the cold weather. Warm weather and spring racing is not that far away.

Gale Bernhardt was the 2003 USA Triathlon Pan American Games and 2004 USA Triathlon Olympic coach for both the men's and women's teams. Her first Olympic experience was as a personal cycling coach at the 2000 Sydney Olympic Games.

A funny story leads to a new sponsor.

I have two dogs; Elvis and Oso. Sometimes, they are better known as hairy and stinky. A visit to their regular dog groomer (Rub-a-Dub-Doggie-Scrub) was way overdue. This week, both Elvis and Oso got cleaned up. When I pick my boys up, Alicia (the owner) and I always shrike up a good conversation. As we chatted last night, my eyes were fixated on the company logo.

The wheels in my head started to turn. As I went through my mental rolodex, I realized most of my athletic friends also own dogs. Dog grooming can get expensive and any break we can get really helps. Alicia has offered all club members a discount. All you need to do is show your membership card. You can contact Rub-a-Dub-Doggie-Scrub at 909-466-0147.

Electrolyte Replacement
(continued from page 4)

replaced by electrolytes consumed.

The body replaces only between 35-45% of what it loses during exercise. If we try to replace all the fluids at once, we end up with dilutional hyponatremia (overly diluted blood sodium levels) or water-intoxication. If we attempt to replace all the fuels that we spend, the stomach will back up in total rebellion, and refueling will come to a grinding halt. And, if we try to replace all the electrolytes we lose in equal amounts, a number of hormonal triggers may create all sorts of problems such as gastric stress, edema, or muscle spasm and cramping. If you want to see your effort come to a complete halt, forget to take in electrolytes or take in too many electrolytes from an unbalanced formula and watch it happen! Dr. Bill Misner, Ph.D. says, regarding proper electrolyte replacement, "Give it 35-45% even though it cries aloud for 110%."

SO WHAT IS THE ANSWER? HOW CAN I EFFECTIVELY REPLENISH ELECTROLYTES?

The solution for proper electrolyte replacement during endurance exercise is to do it gradually and in a way that does not override normal body mechanics. Electrolyte intake needs to be below systemic detection, yet provide support to systemic depression. This simply means that you have to take in enough to support body functions while also preventing heat related issues such as cramping. But it also meant that electrolyte intake can't be too much as to overwhelm the body and what it can handle. Put another way, when consuming electrolytes, it has to be done in a way that falls under the "radar detection system" of the body while still providing optimal support.

The ENDUROLYTE formula was designed to counter the effects of hyperthermia and enhance endurance performance, especially beyond the 3-hour mark. The levels of each nutrient contained ENDUROLYTES are enough to aid the body in electrolyte loss while going undetected by the hormones which regulate normal body mechanisms. There are certain parameters we believe an electrolyte product needs to be within. And because the body has a meticulous way of

mediating sodium and/or fluid retention and excretion, going above or below those parameters will result in performance-inhibiting effects.

ENDUROLYTES is not formulated to reflect the amounts of electrolyte loss in sweat. Why? Because each human being is different and has a different electrolyte pattern. The differences in an athlete's size and fitness, as well as the rate of pace and during exercise, and of course the humidity and heat effect can mean up to a 100% difference when one athlete's sweat rate is compared to another's. In the purest sense, ENDUROLYTES is not so much an electrolyte replacement product but is better described as an "ELECTROLYTE STRESS SUPPORT FORMULA." They help the body perform better under the demands of exercise, especially in heat, without overriding normal body mechanics. They work with the body, not against it.

WHAT ARE CHELATED MINERALS AND WHY DOES ENDUROLYTES CONTAIN THEM?

Chelation is the pharmaceutical process of bonding each mineral to an amino acid. This bonding makes it easier to digest and assimilate each mineral for proper utilization in the body. Chelated minerals are the form most often recommended because they provide greater absorption than their non-chelated counterparts. For example, magnesium is absorbed 87 percent when chelated, but only absorbed 16 percent when taken in an inorganic, non-chelated form.

One nutrition scientist wrote, "Estimates of normal mineral absorption average 10%; however absorption of chelated minerals may be as high as 60%..."

WHAT DO ENDUROLYTES CONTAIN? WHY DO THEY CONTAIN THESE NUTRIENTS? WHAT IS THE RATIONALE FOR THE DOSE USED IN THE FORMULA?

CALCIUM is the most abundant mineral in the human body (about 2.85 pounds in the average person). When blood volumes run low, the body extracts it from the bones, but this may take more time than competition allows. A constant blood calcium level is required for a normal rhythmic heartbeat, healthy nerve transmission, and strong muscle contractions. A deficiency in blood calcium levels during endurance events may produce high blood pressure, muscle cramps and weakness. During exercise, energy is produced by the conversion of fatty acids and amino acids with enzymes, which are calcium-dependant. Because fatty acids are such an important fuel during endurance exercise, providing 60-65% of your energy needs when exercise goes beyond two hours in length, having adequate calcium available to efficiently convert them into energy is crucial. 150-300 mg/hr is an adequate dose of calcium to maintain the aforementioned proper body functions.

MAGNESIUM accompanies calcium in an ideal ratio of 1:2. When calcium flows into working muscle cells, the muscle contracts, then, when calcium leaves and magnesium replaces it, the muscle relaxes. Deficiency of magnesium contributes to muscle cramps, tremors, sleep disturbances, and in some cases, convulsive disorders. Many enzymatic reactions necessary for fuel conversion to muscular energy occur in the presence of adequate magnesium. Simply put, if the body doesn't have a sufficient supply of magnesium, energy production is compromised. 75-150 mg/hr adequately replenishes magnesium even though 100 mg is lost in sweat alone each hour (with much more used up by the muscles).

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POTASSIUM is the chief cation (positively charged ion) within all muscle cells, necessary for maintaining the lowest optimal concentration and balance of sodium. Potassium deficiency symptoms are nausea, vomiting, muscle weakness, muscle spasms, cramping, and rapid heart rate. 75-150 mg/hr is an adequate replenishment amount. Even though 100-200 mg are lost in sweat alone (not counting internal muscle and cell use), if we try to replace it all at once, optimal sodium balance is altered. In addition, too much potassium is hard on the stomach and can cause severe stomach distress.

SODIUM is the chief cation (positively charged ion) outside the cell. American dietary practices cause the average person to carry 8000 mg. excess sodium in the extra-cellular tissues. During endurance events, 3-4 hours are necessary to deplete the "excess" of this mineral. Deficiency may begin to occur after 4 hours, which may produce symptoms of abnormal heartbeat, muscle twitching, and hypoventilation. However, if sodium is replaced at the same rate as depletion it overrides all the mechanisms involving Aldosterone, a hormone, which causes the body to conserve electrolytes. If you want to throw a wrench into your body's very intricate way of regulating electrolyte balance, if you want to see your hands, feet, wrists, ankles and other body parts retain water and swell up, indiscriminately dumping copious amounts of sodium in your system can make this a real possibility. We highly recommend a more gentle approach and advocate the use of 120-240 mg/hr of sodium against rate of loss ranging from 1800-3500 mg. per hour.

CHLORIDE is the relative anion (negatively charged ion) which must accompany sodium in the extra-cellular tissues. This mineral is absolutely necessary in maintaining the osmotic tension in both blood and extra-cellular fluids. It's a somewhat complicated process but to put it in the simplest terms, think of osmotic tension as being the proper balance and consistency of body fluids and electrolytes. We believe

180-360 mg/hr as part of the sodium chloride (a.k.a.: sodium) mixture is an adequate replacement amount without overriding the functions of aldosterone in regulating and conserving proper sodium and electrolyte levels.

MANGANESE is included in ENDUROLTYES as it necessary in trace amounts for optimal muscle cell enzyme reactions for conversion of fatty acids and protein into energy. Again, fatty acids and protein are an important, even crucial part of the endurance athlete's fuel supply, so while manganese is not technically an electrolyte, its importance cannot be overstated. Research also shows that manganese deficiency plays a vital role in blood sugar regulation, free radical build up from intense exercise, and nerve function disorders, especially in older athletes. 5-10 mg./hr will help resolve these issues and is another reason why it is included in ENDUROLTYES.

PYDROXINE HCL (vitamin B-6) is a coenzyme that performs in 60 enzymatic reactions involving metabolism of carbohydrates, fats, and protein. We include this water-soluble B vitamin in ENDUROLTYES because of its active role in maintaining sodium-potassium balance.

L-TYROSINE is an amino acid, which has been added because when blood plasma deficiencies occur during extreme endurance events, low thyroid and low adrenal production result. The lack of performance of adrenal and thyroid glands due to endurance-exercise-induced L-tyrosine depletion hinders the proper rate of metabolism. A deficiency in blood serum L-tyrosine amino acid first appears as depression, later anger, then despondency which degenerates into total despair. If any of these has ever happened to you during a long training bout or race, it may be due to low thyroid and adrenal production and can be easily avoided by the intake of supplemental L-tyrosine at 50-100 mg/hr.

Testing ENDUROLTYES during training will help you, the endurance athlete, find the proper dose for your personal biochemistry and enable you to achieve the optimum level of performance during the longest of events, no matter what the

Temperature may be.

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Steve Born is a technical advisor for E-CAPS with over a decade of involvement in the health food industry. He is a three-time RAAM finisher, the 1994 Furnace Creek 508 Champion and 1999 runner-up, and is the holder of two Ultra Marathon Cycling records



MEMBERSHIP APPLICATION

APPLICANT INFORMATION

Primary Name:		
Mail Address:		
City:	State:	ZIP Code:
E-Mail:	Day Phone:	Eve Phone:
USAT#:	USAC#:	Other#:

MEMBERSHIP TYPE

Renewal \$25 /Year		
Individual \$25 /Year		
Family \$35 /Year		Please list family names below (maximum of 5 including primary applicant):
Referred by		

FAMILY MEMBERS

Name:	Name:
Name:	Name:

EMERGENCY CONTACT

Contact Name:		
Address:		Phone:
City:	State:	ZIP Code:
Relationship:		

WAIVER, RELEASE, & TERMS AND CONDITIONS FOR TRI-CONNECTIONS & COACH-TONY.COM

LIABILITY:
 In consideration of the acceptance of my membership application to Coach-Tony.com and Tri-Connections, I (including and all my heirs, successors, family, and/or representatives) hereby waive, release, and forever discharge any and all rights and claims for damages or injuries which I may receive, incur, or sustain against Tony Troccoli, Coach-Tony.com or Tri-Connections, its members, officers, agents, representatives, successors, and/or sponsors in any event or activity I may travel to, enter, or participate in. With full knowledge and appreciation that swimming, bicycle riding, running, and triathlons are hazardous activities, I assume all risk attendant and thereto and thus release, waiver, and forever discharge Tony Troccoli, Coach-Tony.com or Tri-Connections, its members, officers, agents, representatives, successors, and/or sponsors from any and all liability.

SAFETY:
 I agree to abide by vehicle laws of the State of California and any local county and municipal laws applicable. I further agree abide by event rules and regulations and club by laws representing the club in the best possible manor. I understand violation of these rules will result in the immediate termination of my membership forfeiting membership fees to the club.

PICTURES & COMMUNICATION
 I hereby authorize and express permission to Coach-Tony.com and Tri-Connections to include my name and/or photographs of myself in publications including newsletter, newspaper, or web articles. With the exception of special notices, I understand all communication will be published on the team web site (www.tri-connection.com) and/or the team message board (<http://sports.groups.yahoo.com/group/coach-tony>).

SIGNATURES

I AUTHORIZE THE VERIFICATION OF THE INFORMATION PROVIDED ON THIS FORM IS CURRENT AND ACCURATE. I HAVE READ, UNDERSTAND, AND ACCEPT THE WAIVER TERMS AND CONDITIONS. I CERTIFY THAT I AM AT LEAST 18 YEARS OF AGE.

Signature of Primary Applicant:	Date:
Signature (Parent or Guardian if applicant is minor)	Date:
Mail to: 12223 Highland Ave. Ste 245 Rancho Cucamonga CA 91739	Questions: 909-472-5261