



Sunrise Newsletter

February 2012

2012 SUNRISE OFFICERS

Tony Bouso
President

Jack Ward
Vice President

Kristin Adderley
Secretary

Julie Nix
Treasurer

2012 SUNRISE DIRECTORS

Sunrise Triathlon Race Directors
Gerritt Moeller
Seth Ozasa
Jeff Howells

Sunrise Duathlon Race Directors
Mike Kuhr
Tony Bouso

Volunteer/Swag Bag Directors
Danny Triplett
Sandy Triplett

Membership/Welcoming/Points Directors
Renee Umstead
Kristin Adderley

Sponsorship/State Filing Director
Kristin Adderley

IT/Get Me Registered Directors
Jeremy Brown
Jack Ward

Social/Special Events/Uniforms Directors
Shanna Durr
Rosemary Kimball

Race/End Of Year Award Directors
Gerritt Moeller
Reggie Evans

Christmas Run/Dustbuster Tent Directors
Reggie Evans
Tony Bouso

Amat Victoria Curam...
Victory favors those who take pains.

In life, we're always training for something. Striving to get better and improve at whatever goals we have set for ourselves. Regardless of what it is we are striving for, there is always someone that can help us or teach us how to attain victory. The key is how hard we're willing to work.

In so far as coaching, many of you know my story and me but for those that don't, here we go.

After being diagnosed with high blood pressure in 2002 and maxing out at 215 lbs, I began running to lose weight with the determination to get healthy and get off BP meds. I spent several years running everything from 5k to marathon, and then in 2006 the triathlon bug took over. Competing in triathlons for a while eventually led to my first 70.3 in 2007 and then IRONMAN Florida in 2008.

It was during the IM training the need to educate myself about proper training and racing for multisport came to light. Using what I had learned through that experience eventually led to designing training sessions for our triathlon club in 2010, thus starting my journey into personal coaching. Still racing as a competitive age grouper with a preference toward the international distance, the desire to improve personally has led to the desire to aid others to become all they can be in multisport. In 2011, I became certified as a Level 1 USA Triathlon coach to do just that.

I hope this year to help club members meet their goals with general sessions that will challenge each one of you to become all you want to be in multisport, but in the end, it's really up to you & the pains you want to take.

Train Hard, Race Harder
Daniel Anderson
Kinetix Multisport



February Special Events / Socials

YMCA / Sunrise Bootcamp Broadmoor YMCA

David Taggart, Instructor

Dates:

Saturday, Feb 4th*
Saturday, Feb 11th*
Saturday, Feb 18th
Saturday, Feb 25th

There is NO COST for the first 4 Sessions if you are a Sunrise Tri Club Member

Time: 8:00am in the GYM (Get there early, it starts promptly!)

- Sign-in at the front desk.
- You do not need to be a member of Sunrise to participate.
- Bring indoor & outdoor workout/run gear.
- Bring water for indoor workout; sports drink will be provided at the outdoor Capt Shreve stadium workout.
- YMCA shower facilities will be available to you afterwards.
- Post workout food and snacks will be provided by Sunrise Tri Club.

If you didn't come last year, you missed out on this extremely popular Bootcamp - it is a lot of fun! The more intensity you put into it, the more you will get out of it.

Please email Tony Bouso:
tony.bouso@centerpointenergy.com to sign up!



Swim Skills Clinic

Saturday, February 11th
8:00-9:00am

Centenary Fitness Center
2911 Centenary Blvd
Shreveport, LA 71104

This will be an opportunity for all levels to learn, re-learn & practice the drills & skills that are the fundamentals of becoming a more efficient swimmer. The key to being faster in the water is efficiency. These drills & skill sets that will be taught will help you, if you incorporate them into your workouts, become that kind of swimmer.

The clinic will be taught by Janet Martin. Janet's coaching experience stems from over 30 years of teaching toddlers, children, and adults to swim. Before coaching with the Red River Masters, she swam competitively with the Master's team and competed in triathlons. Her coaching background comes from her on-deck experience along with a broad range of swim camps, technique workshops, and private swim instruction.

Note: This clinic is not designed to teach HOW to swim or correct your swim stroke. For more info & help in that area, check out redrivermasters.com

Sportspectrum's Five on Friday!

Starting Friday, February 3rd, 7am. Sportspectrum will host a 5mile run. Runs will start at the store, 7am! Each week will be a different route. (Suggestions welcomed!)

Come on out and get a jump-start to your weekend!

(this is not a race)

Up Coming Races & Training Events



- **Feb 4th – RRRR Winter Fun Run #3**
(5K, 10K, 15K, 20K) Stoner Boat Launch, 8:30am
- **Feb 18th - RRRR Winter Fun Run #4**
(5K, 10K, 15K, 20K, 25K), Stoner Boat Launch, 8:30am
- **Mar 17th Warhawk Sprint Triathlon:** Monroe, LA
(400m swim/11m bike/3m run)
www.imathlete.com
- (25% Off Warhawk Tri – Thru February 25, 2012. Discount Code: WARHAWKTRI2012DISCOUNT)

2D ANNUAL GUMBO TRAIL RUN

Coordinated by our new club coach,
Daniel Anderson of Kinetix Multisport

Stoner Boat Launch

Saturday, February 25th, 8:30 AM

*Note: this is not a race but a chance for members to get in a workout & warm up after.



2012 State Championship Races

Du For The Parks	Arkansas State Duathlon Championship
Ozark Valley Triathlon	Arkansas State Triathlon Championship
Sugarman Triathlon	Louisiana State Triathlon Championship
Fall Classic	Oklahoma State Duathlon Championship
Route 66 Sprint Triathlon	Oklahoma State Triathlon Championship
11th Annual Fast & Furious Du	Texas State Duathlon Championship
df Ranch Triathlon	Texas State Triathlon Championship
Texas Motor Speedway	Frost Yer Fanny Regional Du Championship
Route 66 Olympic Triathlon	Regional Intermediate Distance Triathlon
Ozark Valley Triathlon	Regional Sprint Triathlon Championship



USA Triathlon South Midwest Region Conference - Awards Banquet & Frost yer Fanny Duathlon

<http://www.smwtriathlon.org/clubs/index.htm>

Save the Date: Friday, Saturday & Sunday, February 17, 18, & 19, 2012

Location: Fort Worth, Texas

Start the 2012 multi-sport season with the spirit of camaraderie by attending the annual South Midwest Region Conference which includes a general membership meeting for all USAT SMW members, Coach and Race Director Clinics, a vendors Exposition, and the incredible Awards Banquet on February 17, 18, & 19.

In addition, compete in the USAT South Midwest Region Duathlon Championship at the Frost yer Fanny Duathlon on Sunday, February 19, 2011 at Texas Motor Speedway. (see website for registration information and additional details.

Race Results & Club Points

Sunrise Club Points To-Date: 193

Sunrise Members as of 30 January: 204

Participate in a Triathlon or Duathlon, please remember to email Renee Umstead (renee.umstead@att.net) immediately after your event. Remember it doesn't matter if you place or not, you still get a point for finishing!

Congratulations to all our Sunrise Members who competed in the 2012 Dustbuster Duathlon

Courtney Free	-	1 st Place F25-29
Dina Utter	-	2 nd Place F35-39
Dedra Reneau	-	1 st Place F40-44
Elaine Blyzes	-	2 nd Place F40-44
Ellen Kuhr	-	7 th Place F40-44
Renee Umstead	-	1 st Place F45-49
Jonnene Moore	-	2 nd Place F45-49
Barbara Sellers	-	3 rd Place F45-49
Joanne Hood	-	5 th Place F45-49
Yvonne Corroero	-	6 th Place F45-49
Cheryl Webb	-	1 st Place F50-54
Martha Howe	-	3 rd Place F50-54
Theresa White	-	2 nd Place F55-59
Julie Nix	-	3 rd Place F55-59
Dorie Larue	-	1 st Place F60-64
Joshua Hudson	-	2 nd Place M15-19
Michael Martinez	-	6 th Place M20-24
Jeremy Brown	-	5 th Place M25-29
Chris Occhiuzzo	-	4 th Place M30-34
Justin Dunn	-	7 th Place M30-34
Seth Ozasa	-	1 st Place M35-39
Kelley Grafton	-	3 rd Place M35-39
Todd Scherm	-	6 th Place M35-39
Jason Custer	-	13 th Place M35-39
Clint Waddell	-	14 th Place M35-39
Andrew Utter	-	2 nd Place M40-44
Eric Sullivan	-	9 th Place M40-44
John Blyzes	-	18 th Place M40-44
Jason Weinland	-	1 st Place M45-49
Doug Collier	-	10 th Place M45-49
Robert Reneau	-	12 th Place M45-49
Mike Kuhr	-	17 th Place M45-49
Edward Cooper	-	19 th Place M45-49
Brian Willis	-	5 th Place M50-54
Steve Soileau	-	6 th Place M50-54
Tony Bouso	-	1 st Place M55-59
Alan Moore	-	2 nd Place M55-59
John Ward	-	5 th Place M55-59
Steve Tabler	-	6 th Place M55-59
Randy Nix	-	2 nd Place M60-64
Rick Yates	-	3 rd Place M6—64

Announcements & Notices

Don't forget to sign up for our forum at:

<http://sunrisetriclub.proboards.com/>

It is one of our main lines of communication!

Another way to communicate is our Facebook Page. http://www.facebook.com/?ref=tn_tnmn

We are currently working to develop a new club website that will be full of goodies but for now all of our most important info is stored on our current site at <http://sunrisetriclub.org/>. We look forward to "seeing" and talking to everyone on those sites as the season starts to pick back up and hard training gets underway again!



Anyone who is injured and can't race but still wants to participate can volunteer and join us!

If you know of a group such as boy/girl scouts, church group, sorority/fraternity, sports team or any group who wants to get their name out - please contact us to volunteer. Thanks.

Sandy & Danny Triplett
rundansan@att.net



Sunrise Membership Renewal

It's that time again! Your annual dues are...well DUE! The slate has been wiped clean and you will not be counted towards club point earnings until your dues have been received. Not racing for a few months is no excuse to not pay now. A portion of your membership fee goes toward paying for insurance through USAT, which must be renewed at the beginning of each year.

Club membership dues are:

Single \$40
Family \$60

All full-time Military, College Students, Police, Firemen, and Seniors 65+ dues are:

Single \$20
Family \$30

Renew on-line at: www.getmeregistered.com

Or download the 2012 Sunrise Membership Application from our club website: www.sunrisetriclub.org and mail in your registration.

Register now and have a chance to win a shiny new tri bike, donated by The Bike Pedaler.

Congratulations to our 2011 SMW Region Top Guns and Top 5 AG Ranked Club Members!

Top Guns:

Anna Moore 5th / out of 22
Jeff Howells 27th / out of 42

Age Group Final Rankings:

AGE GROUP 1-19

Ashton Keen - 3rd Place

AGE GROUP 25-29

Angel Martin - 4th Place

AGE GROUP 30-34

Anna Moore - 1st Place
Shanna Durr - 5th Place

AGE GROUP 30-34

Horacio D'Agostino - 1st Place

AGE GROUP 35-39

Seth Ozasa - 1st Place

AGE GROUP 40-44

Jeff Howells - 3rd Place