

Sunrise Monthly News



February 2007

Issue 9

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From the President . . .

February is an uncertain time for me. I'm usually uncertain about how I am doing with my New Year's resolutions, the weather is uncertain because I can be driving through sleet one day and biking with a t-shirt on the next. My weight is uncertain because right when I think holiday eating has finally stopped, those cinnamon jelly hearts (not chocolate for me) and jelly beans are right around the corner. One thing that does remain certain is my love of triathlon and the fact races will be starting again very soon! This and the promise of warmer weather gets me up and moving to try to regain some of the fitness I let slip away during the uncertain time.

happy birthday to . . .

- Stephanie Gotberg - 1/5
- Wallace Robertson - 1/10
- Martha Siskron - 1/11
- Linzie Hebert - 1/15
- Sandra Haynes - 1/19
- Debbie Roeten - 1/19
- Matt Miller - 1/20
- M. Landon Hooper - 1/25
- Frances Pitman - 1/26
- Amanda Thoma - 1/29
- Calvin Sears -- 1/31
- Joyce Hinton - 2/3
- Graeme Weinland - 2/4
- Elka Anderson - 2/5
- Kianna Macias - 2/7
- Mat Davis - 2/9
- Kevin Cook - 2/10
- Lindsay Langford - 2/12
- Scott Williamson - 2/16
- Patrick Brewster - 2/19
- Margaret Olmedo - 2/20
- Suzanne Barnette - 2/21
- Sandy Triplett - 2/28
- Joe Hinton - -2/29

I feel so fortunate to have the Sunrise Tri Club to help me on my way. This year is going to be the best Sunrise year ever and it all starts with each and every one of you. If you haven't done so already, go ahead and register for another great year. The membership discount is only good for a few more days. Individual memberships cost \$40.00 and family memberships are \$60.00. February 10th will be the last day to register and get the \$10.00 discount. Don't delay! Sign-up now to take full advantage of what Sunrise has to offer.

February 10th will also be the last day current members will receive member email. Everyone not renewing this year will be taken off the Sunrise email group. The Sunrise email group is the single best way to find out up to date information on training opportunities in our area.

Mardi Gras party at the home of Michael Carmody's parents on February 10th!! We are so thankful to have the opportunity to get together during such a fun time. Sunrise members and their families are all invited to come eat, drink and celebrate our 2007 goals while waiting for the parade. We are also inviting the bike clubs and masters swimming group to promote more awareness of all the fitness groups Shreveport-Bossier has to offer.

As you can see, a lot is happening this month. February 10th is a pivotal day for members old and new. Please take the time to renew now. It doesn't take long and you will be glad you did. Even if you think some of us in the group are a little "chatty" you will miss the emails once they are gone.

See you soon!

Martha

Why a Coached Workout?

Article from Bill Cleveland, Red River Masters Swimming www.redrivermasters.com

A coach is a valuable asset for any part of your life where you seriously seek improvement. People at all levels of maturity and experience value coaches. When we go to church, a pastor leads the service for the spiritual novice as well as the spiritually mature. The same thing works in sports. The coach helps to get you there, tells you what to do with a certain level of expertise, and helps you challenge yourself.

Accountability is an important reason for seeking out a coach. This is especially true for structured workouts. There are many times that I have woken up and not wanted to go to a workout; however, knowing there will be others expecting to see me has gotten me moving. As with many things in life, showing up is half the battle. The power of the group is an exceptionally powerful motivator. The coach is the touchstone and helps you look forward to being part of the group.

Direction keeps the individual and group moving forward together. From the novice to experienced, having guidance from an "expert" is something we all seek. The coach can adjust the workout appropriately for different ability levels to

ensure completion of particular sets in a fairly uniform time. With direction about what to do, it is easier to stay on task. The coach creating the workout helps prevent you from shortening your self-made workout because you start to get tired and remember you need to stop at the grocery store on the way home.

Expertise is an essential attribute of a successful coach. A lot of people know the basics. However, knowing how to improve skills and incrementally improving is another matter. By providing appropriate technical pointers, a coach can improve skills – the coach must identify the most critical deficiencies and effectively communicate how to address them. It is hard to be your own critic – especially when considering changes in technique – because you cannot look at yourself as you go through the motions. If too much is given to think about, then it can become very confusing and actually result in worse performance. As well, by drawing on different drills and skills, the coach can help to improve your understanding of what is possible. The coach can tie this all together by emphasizing those skills in a varied workout setting that keeps the mind active and learning.

Motivation ties this all together. By adding enthusiasm to the workout, the coach makes you glad you came. The coach wouldn't be there if s/he weren't passionate about what they do. Passing on that enthusiasm at the right moment can be the difference between drudgery and excitement, between wishing that you had toothpicks jammed under your fingernails rather than feeling good that you came. By putting the right people together, a competitive situation causes all of the participants to push each other; there is nothing more inspiring than staying with or beating someone else who is an equal, pushing you outside your comfort zone.

If you are serious about what you are doing, look for competent coaching. There is no way to teach yourself everything you need to learn to make yourself as good as you can be. It is extraordinarily difficult to reach a high level of performance and maintain or improve it over the long haul if you do it alone.

SWIM CLINIC

Exciting Clinic coming to town !!!

Bill Cleveland of the Red River Masters has organized an incredible weekend swim clinic complete with underwater taping, and optional body composition and VO₂ max testing. The clinic will run Saturday and on Sunday there will be a free workout and optional dutch lunch featuring a clinic on how to eat to win. The price is incredibly reasonable and everyone, no matter what level, is sure to learn how to swim faster and more efficiently. All participants will get their own video from the clinic. For more details visit www.redrivermasters.com - Sign up NOW.

Improving Performance through Nutrition

Article from Denise Cook, Registered Dietician

As a sports nutritionist I am often asked, "What should I eat to compete at my best?" The answer to this is complicated and depends upon several factors, including type of activity, duration of activity, intensity of training, and personal food preferences. While there is no one answer or diet plan that will work for every athlete, there are some guidelines that all athletes can follow when planning a peak performance diet.

The components of a peak performance diet center around three main things: **Quantity**, **Mix** and **Timing**. **Quantity** refers to total calorie needs. An athlete's total calorie (or energy) needs vary due to changes in training load and intensity, but meeting daily calorie needs is **essential** to not only provide the energy needed to train and compete, but also to spare the breakdown of muscle protein.

How is your performance? What about your energy levels? Are you skimping on calories? One way to determine if you are meeting your daily calorie needs is by keeping a weekly performance and weight log. If weight is remaining stable and performance isn't declining, then this is a good indication that daily calorie needs are being met. A way to determine calorie needs is to visit www.24hourfitness.com/html/fitness/fit_calc/daily/. This site will give you a good **estimate** of how many calories you need on a daily basis.

Mix refers to the combination of protein, carbohydrate, fat and fluid that should make up the daily caloric intake of an athlete. For triathletes and almost all other athletes, the majority of calories should come from carbohydrates. Fruits, vegetables, and whole grains such as whole wheat bread and brown rice are high quality choices and should be chosen over lower quality carbohydrates such as cake, candy, sodas and French fries.

Timing refers to when food and fluids are consumed. While meeting calorie needs and choosing the best quality foods are important, timing of food and fluid intake can be the key to a top-notch performance diet. If you run 10 miles (burn 800-1000 calories) in the morning, then you should try and consume those calories around the time that you run -NOT later in the day.

A peak performance diet plan is an essential part of every athlete's training. While no two athlete's diet plans are alike, every athlete can follow the above guidelines to help achieve peak performance!

Doin' the Dust-buster Du

On January 7, Sportspectrum sponsored the Dust-buster Duathlon in south Caddo Parish near the intersection of Hwy 175 and Hwy 1. The Run-Bike-Run format was very popular and drew in about 100 competitors, including many from Texas and across North Louisiana. The very cold temperatures, the blustery winds, the thick grey clouds, the muddy fields, and the threat of rain did not damper the enthusiasm of the competitors and their friends and family cheering during the event. Looks as if the Sunrise Tri Club members are psyched for the 2007 season! Your Sunrise Tri Club was well represented with 23 competitors racking up significant competitive points, finishers points and participation points toward the South Midwest Club Championship. Jason Weinland covered the 1.5 M run, 11.9 M bike, and 1.5 M run course in the best time of 49:10, with a smoking fast average bike speed of almost 25 mph. Other top finishers were: Chris Herrington (1st in M25-29), Scott Williamson (1st in M30-34), Calvin Sears (1st in M45-49), Jim Balfe (1st in M50-54), Frank Gaenselhal (1st in M55-59), Tony Roggero (1st in M60-99), Tommy Foster (2nd in M1-19), John Pat Bullock (2nd in M35-39), Petrus Booyesen (2nd in M40-44) and Greg Bell (2nd in M45-49). The women's division was won by Maura Guthrie (of Dallas, Texas) in 1:03:52. Elka Anderson (2nd in F35-39), Charlotte Balfe (2nd in F50-54) and Joy Gaensehals (2nd in F55-59) placed highest among Sunrise women.

What's NEW with Sunrise . .

Sunrise Tri

MARDI GRAS PARTY

February 10, 2007

The Krewe of Centaur Mardi Gras Parade will roll through Shreveport on Saturday, February 10, 2007. You and your family are invited to join the Club for a parade party at the home of Tom and Katherine Carmody, 1090 East Kings Highway, at the corner of Atlantic Avenue, (across the street from the "Duck Pond") which is on the parade route. The parade begins at 4:30 p.m. in downtown Shreveport, and likely will get to the Carmody home between 6 and 7 p.m., perhaps later. The parade usually takes about one hour to pass by the

house, after which it clears out pretty quickly.

East Kings Highway will be blocked off about parade time, and side streets will be closed. There will not be parking available at the Carmody house, but you may be able to navigate up Atlantic Avenue to drop folks off, then go find a parking place where you can, perhaps near St. Joseph School or A.C. Steere School.

Our party will start at 4:00 p.m. We will have the Club tent, and provide snack chips, ice chests, water, soft drinks and plastic cups.

You may bring other beverages. You may also want to bring a folding chair, your football, or frisbee. If you have young children, they will have a big front yard to run around in and will have fun walking up and down East Kings Highway once it is closed off.

IMPORTANT

So that we can prepare for you, please call Martha Siskron (272-6514) or email Martha at msiskroniv@mindspring.com, and let us know how many folks to expect in your party.

Membership Renewal

EARLY RENEWAL- DEADLINE - FEB. 10

ways to register -

- ⇒ Print the application you received via e-mail and mail or take to Sportspectrum
- ⇒ Register online at www.signmeup.com/55985
- ⇒ Register online at www.sportspectrumusa.com
- ⇒ Applications available at Sportspectrum and the Mardi Gras Party February 10th

2007 OPPORTUNITY DRAWING

One of our main goals is to provide the club opportunities to socialize and learn more about the sport we are representing. In order to do this we need participation from all our members. As an incentive, the 2007 OPPORTUNITY DRAWING was created. The winner will receive FREE ENTRY into any and all local events for the year 2008!!! This drawing will be held at the end of 2007. Entries into the drawing will be by the following means . . .

- ⇒ For every meeting /clinic you attend you will receive **one** entry.
- ⇒ For every local multisport you participate in you will receive **one** entry.
- ⇒ For every local multisport you volunteer for, you will receive **two** entries.

Sunrise Uniform Orders

We will be placing a uniform order at the end of February. Some sizes are available at Sportspectrum for trying on. Contact Suzanne to place your order at MyDorbandt@yahoo.com



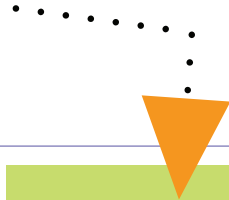
Anthony at Jefferson Heritage Triathlon on the bike he is raffling off to raise money for cancer research.

Hello Sunrise, I am Anthony Macias. Being in the military I have lived in many locations. It was November of 2003 on the island of Guam when a coworker asked me to run a 5k with him. This was an event that would cause lots of change in my life. In a matter of about 4 months I had competed in my first 10k, 10 miler, Half-Marathon, Marathon, adventure race, sprint triathlon and Xterra Championship distance triathlon in Saipan, sometimes with 2 events over a weekend.

I moved to Shreveport and in April of 2006 I was recovering from 2 surgeries with the Red River Tri looming and having done NO conditioning due to recovery I signed up for the event and Sunrise Tri Club on a Tuesday with the tri event being that Sunday. It was the next stepping stone in my getting back in the proverbial saddle. I was in 5 different events over the sum-

mer and met great people. My favorite part of doing triathlons is the camaraderie with the group of people that are drawn to it. Everybody is SO encouraging. People are motivating as they pass you or you pass them on the course. One event was the Texas Man in Dallas during which I saw MANY participants wearing Team In Training gear along the course. Being the inquisitive person I am, I asked what it was they did? I found out all the wonderful things that TNT does, not only for the volunteer/participant but mostly for the unfortunate people who suffer from blood cancers. Being that I was personally affected by the loss of a friend who passed away from Leukemia and have since known of others that have passed away from blood cancers, I decided to make their cause my own. Team In Training raises money through donations for the Leukemia and Lymphoma Society that covers medication and hospital visits along with many other costs resulting from this illness. Most importantly, I want to contribute funds for research in hopes of achieving the Society's ultimate goal - a CURE. I will be participating in my first ever Half-Ironman, an official 70.3 Series race in St. Croix on May 6th as a TNT member to raise money for the Society.

I began my fundraising in late November and will continue to do so until I have reached my goal of \$5,800. I have set up an online page where contributions can be directly donated for this cause. www.active.com/donate/tntntx/tntn txAMacias. A few Sunrise members have already donated and I am so appreciative of their generosity. Any support from other members and the local community will be greatly appreciated as well. I am



Member Profile

Anthony Macias

- Age - 33
- Joined Sunrise in 2006
- First Half Ironman will be the St. Croix Ironman- May 6, 2007
- Fundraising for Team in Training
- Raffle tickets \$10 or 4 for \$30

also selling raffle tickets for \$10 a ticket or 4 for \$30 for my bike I used for triathlons and road events. (see picture this page) It is a Schwinn frame recently painted and all brake cables have been replaced. It has a Cinelli Handlebar, new 700 Vittorio Rubino Tires (with new tubes) Shimano 600 Dura Ace crank, gear and braking system, a new Vell-O saddle and a Profile Aero bar. No pedals. It has over \$300 in additions alone. It would be ideal for a beginner to intermediate level athlete. All proceeds will go directly toward my fundraiser for the LLS. The tri community here has been another wonderful experience in a new chapter in my book of life. I will definitely look back to my time here in the Sunrise Club with reverence. Thank you to all that have made me feel so welcome and to those members I have yet to meet, I hope to do so soon. God Bless.

anthony.macias@barksdale.af.mil



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SUNRISE MONTHLY NEWS

www.sunrisetriclub.com

**Coming SOON
to the Web!**

WELCOME NEW SUNRISE MEMBERS !

- Jennifer Angelo
- Holly Bienert
- Paul Burch
- Geri Cope
- Terry Eberhardt
- Tyler Jusselin
- Jon Martin
- Craig Nicholson
- Phillip Scott

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• The Sunrise Triathlon Club is committed to the Shreveport-Bossier City area as a
• hub for new and old triathletes, runners, swimmers, & cyclists. Our goal is to con-
• nect our members with the environment needed to reach their personal fitness
• goals. We will accomplish this through interaction with other community groups,
• training together, and of course having FUN!

Contact one of your Officers with comments or suggestions

President—Martha Siskron

msiskroniv@mindspring.com

Vice President—Michael Carmody

fmcarmody@bellsouth.net

Secretary—Suzanne Robicheaux

mydorbandt@yahoo.com

Treasurer—Elka Anderson

dne892@suddenlink.net

Marathon Results

Houston Marathon

Sunday, 1/14

Kathy Allison - 4:25:58 (26.2m)
 Jim Balfe - 3:31:53 (26.2m)
 Mike Kuhr - 5:29:28 (26.2m)
 Bill Peatross - 4:48:01 (26.2m)
 Lee Stevens - 4:48:01 (26.2m)

P F Chang Rock 'n Roll

Half Marathon

Sunday, 1/14

John Pat Bullock - 1:50:59

Kiawah Marathon

Diane Boyd - 4:06 (WOO-HOO! PR!!)
 Lee Stevens - 4:30
 Michael Carmody - 3:46

Houston Half Marathon

Sunday, 1/14

Charlotte Balfe - 2:44:48 (13.1m)
 Michael Balfe - 1:50:21 (13.1m)
 Karen Eychaner - 2:14:41 (13.1m)
 Sandra Haynes - 1:54:36 (13.1m)
 Wellborn Jack, Jr. - 2:47:42 (13.1m)
 Gay Lare - 2:14:40 (13.1m)
 Tony Mack - 1:55:32 (13.1m)
 Sharon Ong - 2:38:07 (13.1m)

CLASSIFIEDS

WANTED—Currently nothing is wanted by anyone!! Send in your wants, needs, and wishes!!

ADVERTISE HERE!! IT'S FREE!!!

Sell your old gear so you can buy something NEW!!!

Email your ad to

mydorbandt@yahoo.com

**CONTRATULATIONS
TO ALL !!**