

# SUNRISE NEWSLETTER

## INSIDE THIS ISSUE:

Safety Tips for Cyclists Election of Officers for 2008	2
Why Do I Run? Speaking of Running...	3
2007 Opportunity Drawing Out of Town Race Schedule Big Bam Bridge 100 Bike Tour	4
Be a Happy Camper Stretching Clinic	5
Officers Contact Info Meat Pie Tri Results	6
Training Calendar	7

## happy birthday to . . .

- 10/3 Daniel Anderson
- 10/4 Jonnene More
- 10/14 Cliff Laborde
- 10/15 Lesley Conrad
- 10/15 Chris Herrington
- 10/15 Chris Lee
- 10/16 John Turley
- 10/17 Jeff Harper
- 10/17 Patrick Keen
- 10/17 Ginger McVicar
- 10/18 Jeff Howells
- 10/19 Steve Terese
- 10/20 Bridget Sinclair
- 10/20 Jason Weinland
- 10/22 Scott Sinclair
- 10/23 Amy Hammond
- 10/24 Edward Hosack
- 10/25 Tommy Foster
- 10/31 Jon Martin
- 10/31 Tom Thoma



**October 2007**

**Issue 9**

## From the President . . .

I AM A DRUG ADDICT! And I am willing to bet many of you are too. Our drugs of choice are endorphins and they are what drive us to swim, bike, and run most days of the week all year. Sure we may shift sports from time to time and even take some time off, but we never stop completely. And why is that? Do we really like the pain of an early morning track workout or tempo run? How about a 100 mile bike ride in the 100+ degree southern heat or the hot firecracker 5k? I am willing to bet we all do these things because of how we feel after (after the soreness subsides that is) and if we don't get that feeling, everyone around us is in trouble. People always ask if I am consistently upbeat and pleasant to be around. He quickly informs them every day I exercise and never on my days off!! Watch out, I need my drugs!!

In training for the Florida Ironman, I have become more addicted than ever. Tom and the boys are in for a shock when I tell them I plan on doing these for many years to come. Some people have told me to wait and make that decision after I have actually completed the race but I know I don't have to. The disciplined training, my fitness level, and my body image have all dramatically changed throughout the last 8 months and for the first time in my triathlon career, I am not ready for it to end. Usually fall signals a time to stop triathlons and move onto fall running and my last triathlon of the season usually produces feelings of thankfulness because I no longer have to work in a bike or swim. With time, my comfort level on the bike and in the water has increased and I look forward to continuing those activities in the fall and winter.

They say in order to stay "healthy" in this sport you need to make it a lifestyle and not just a quest for competition. You should participate because it's part of who you are and your day/week wouldn't be right without some sort of activity. It's okay if you aren't there yet, you have time and it may still take awhile, however, I am so thankful to be there living an active lifestyle in the sport I love – triathlon!!

- Martha

## Tornado and Lightening Safety Tips for Cyclists

Protect yourself when on a bicycle. Do not ride into a lightening storm. If lightening is in the immediate area, and there is no safe location nearby, stay at least 15 feet apart from other members of your group so the lightening won't travel between you if hit.

If you see threatening skies in the distance and you are passing a safe location, pull over and wait 30 minutes after the last thunder crack. If you can turn around and get away from the storm, do so!

Bicyclists should lay their bikes on the ground. If you absolutely cannot get to a safe building or vehicle, here are some last resort options:

Wait out the storm below an overpass. **DO NOT** touch steel girders. Move away from your bike and remain on dry surfaces if possible. Overpasses are engineered structures and are likely to be properly grounded. Although an overpass is likely to be higher than surrounding landscape, if it is struck by lightening, the electrical current will likely be channeled safely into the ground.

If high voltage electrical tension wires cross the road, you may want to seek shelter directly underneath these wires. Do not get close to the large metal towers that hold up these wires, stay at least 50 feet away. Electric companies design these high-tension wires for lightening strikes. If lightening should strike the wires or towers, the current is designed to safely go deep into the ground.

If you are caught in the open and lightening is occurring within 5 miles, **STOP** riding, get off of your bicycle, find a ditch or other low spot and sit down.

If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. Do not lie down. These recommendations are a last resort. You are not safe in these places, just marginally safer than in the open.

## ELECTION OF OFFICERS FOR 2008

It's time to start thinking about officers for 2008! Please take a minute to think about who you want to lead your club next year. This was a rewarding experience for all the 2007 officers and we feel strongly that in order to keep the club moving forward we need new leadership every year to stay current and energized. Don't worry, there will be a smooth transition and I plan on sticking around as ex-officio if needed. You can't get rid of me that easy! Don't be afraid to self-submit, this may be the only way we know you want the job. The following positions are up for election:

**PRESIDENT ~ VICE PRESIDENT ~ SECRETARY ~ TREASURER**

The only position filled is webmaster. Craig Nicholson has graciously agreed to continue improving our website for next year. Thanks Craig!

Starting as soon as the newsletter goes out, please email any questions you may have concerning responsibilities, time involvement, etc. to any one of your current officers. Submit your nominations to Martha Siskron [msiskroniv@mindspring.net](mailto:msiskroniv@mindspring.net). We will then compile the information and contact those being nominated to see if they want to run for office. In November we will hold elections by email and announce the new leadership team at the December Christmas Party!

## Why Do I Run?

By George Sheehan, the medical editor of *Runner's World* for many years. He is best known for his bestseller *Running and Being: The Total Experience* that which quickly became a *New York Times* Bestseller.

I have written over the years of the benefits I receive from running. Enumerated the physical and mental changes. Listed the emotional and spiritual gains. Charted the improvement that has taken place in my person and my life. What I have not emphasized is how transient these values and virtues are.

With just a little thought it should be evident that physical laws parallel those of the mind and spirit. We know the effects of training are temporary. I cannot put fitness in the bank. If inactive, I will detrain faster than it took me to get in shape. And since my entire persona is influenced by my running program, I must remain constantly in training. Otherwise, the sedentary life will inexorably reduce my mental and emotional well-being.

So, I run each day to preserve

the self I attained the day before. And coupled with this is the desire to secure the self yet to be. There can be no let up. If I do not run, I will eventually lose all I have gained – and my future with it.

Maintenance was a favorite topic of writer and philosopher Erik Hoffer. It made the difference, said the former longshoreman, between a country that was successful and one that failed. An achievement, no matter how magnificent, will eventually decay if not preserved by constant care.

I know that experience intimately. There is nothing briefer than the winner's laurel. Victory is of the moment. It must be followed by another victory and then another. I have to run just to stay in place.

Excellence is not something attained and put in a trophy case. It is not sought after, achieved, and

thereafter, a steady state. It is a momentary phenomenon, a rare conjunction of body, mind, and spirit at one's peak. Should I come to that peak, I cannot stay there: Like Sisyphus, I must start each day at the bottom and work back up to the top, and then beyond that peak, to another and yet another.

Through running I have learned what I can be and do. My body is now sensitive to the slightest change. It is particularly aware of any decline or decay. I can feel this lessening of the "me" that I have come to think of myself.

Running has made this new me. Taken the raw material and honed it and delivered it back ready to do the work of a human being. I run so I do not lose the me I was yesterday and the me I might become tomorrow.

### and speaking of running . . .

These Sunrise members are planning to sign up or have registered for the following Marathons/Half Marathons:

**Oct. 7, 2007 Chicago Marathon**

Doug Gotberg, Bill Peatross

**Nov. 17, 2007 Louisiana Trails Marathon - Shreveport, LA**

Jim Balfe

**Nov. 18, 2007 Tulsa World Route 66 Marathon - Tulsa, OK**

Wallace Robertson

**Dec. 8, 2007 Dallas White Rock Marathon - Dallas, TX**

Marathon: Peet Booysen, Tony Bouso, Kevin Cook, Joe Haynes, Seth Ozasa

Half Marathon: Elka Anderson, Jamie Johnson (maybe), Lanya Pankey, Suzanne Robicheaux

**Jan. 5, 2008 Mississippi Blues Marathon - Jackson, MS**

Wallace Robertson (maybe)

**Jan. 13, 2008 Chevron Houston Marathon - Houston, TX**

Jennifer Angelo, Lesley Conrad, Sandra Haynes, Lanya Pankey

**Feb 17, 2008 Austin Marathon - Austin, TX**

Half Marathon: Wallace Robertson

**Feb. 24, 2008 Mardi Gras Marathon - New Orleans, LA**

Half Marathon: Jamie Johnson

**April 21, 2008 Boston Marathon - Boston, MA**

Jim Balfe, Joe Haynes, Sandra Haynes, Lanya Pankey, Wallace Robertson



KATIE SCHUBERT, SUSAN VAUGHAN, AND CRAIG NICHOLSON AT THE FINISH

**Out of town  
Race Schedule**

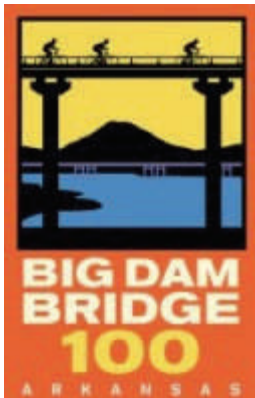
We will have the tent, our own coolers, and chairs to relax in before and after the race!

◆ **October 6-7**

Longhorn Festival  
Austin TX

◆ **October 14**

Toyota US Open Triathlon  
Dallas TX



**MAKE IT BIG. MAKE IT DAM BIG**

Quite a few Sunrise members made it to N. Little Rock, AR for the 2nd annual **Big Dam Bridge 100** Bike Tour Saturday, Sept. 29. Great support, great hills, great food, great weather, great time by all!!!



Elka Anderson and Suzanne Robicheaux are ready for the 100 mile route

**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 event you participate in you will receive **one** entry.
- ⇒ For every local multisport event you volunteer for, you will receive **two** entries.
- ⇒ For every friend you get to join as a new member, you will receive **one** entry.

## Mark your calendars !!!

**WHAT:** Stretching Clinic with Mary Jimenez

**WHEN:** Sunday October 14, 2007

**WHERE:** Fit Rx in Ashley Ridge

**TIME:** 4:00 pm

Handouts will be issued covering stretches to do before and after racing/training

## Be a Happy Camper!

*by Martha Siskron*

Triathlon camps can be very beneficial to beginner and veteran athletes alike. We are fortunate enough to have several within driving distance of the Shreveport-Bossier area. There are several types of camps that will suit your every need. Some specialize in supported training weekends and others consist of specialized testing and analysis in each sport with some light training. Both are valuable and will give you a ton of knowledge to start your next season. By searching triathlon camp on the internet, you will find a plethora to choose from.

Tom Rogers and Joe Friel run a camp in Keller, TX every March that includes swim video taping, bike fit by John Cobb, and a running analysis. The price is very reasonable and worth the short drive to this Dallas suburb. Go to [www.texastricamp.com](http://www.texastricamp.com) for more information.

A camp very similar to this was offered in Alexandria last March and was directed by the Texas Iron out of Austin, TX. Try [www.texasiron.net](http://www.texasiron.net) for more info.

Recently Craig Nicholson and I traveled to Panama City, FL to attend an Ironman Fantasy Camp. The training organization [www.multisports.com](http://www.multisports.com) plans camps at most of the Ironman North America sites about 7 weeks before the actual event. They are designed to give athletes a supported weekend of long training on the specific race course and unlimited access to the top professional athletes and coaches in the industry. The camp was amazing. We were able to ride 101 of the 112 mile bike route. We ran one loop of the 2 loop marathon course and we swam a 4000meter workout in the pool (our ocean swim was cut short due to jellyfish). In addition to the training, we received countless tips about race logistics and what to expect race day. Wetsuits, heart rate monitors, Timex watches, and much more were even given out at the conclusion of camp. Anyone considering an Ironman needs to get to camp if they can – it was worth every penny.

No matter your ability or fitness level, if you are looking to improve your triathlon ability and ensure success in the 2008 season, you should look into attending a camp.



WWW.  
SUNRISETRICLUB.COM

Triathlon specific  
Swimming Lessons  
12 noon Tue. & Thur.  
Centenary Natatorium  
**FREE IN OCTOBER**

### REMINDER

Let Elka know anytime you compete in an out-of-town multi-sport event. She is responsible for submitting club points to USAT.

[dne892@suddenlink.net](mailto:dne892@suddenlink.net)

### **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](mailto:mydorbandt@yahoo.com)

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 connect 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](mailto:msiskroniv@mindspring.com)

**Vice President -- Michael Carmody**

[fmcardody@bellsouth.net](mailto:fmcardody@bellsouth.net)

**Secretary -- Suzanne Robicheaux**

[mydorbandt@yahoo.com](mailto:mydorbandt@yahoo.com)

**Treasurer -- Elka Anderson**

[dne892@suddenlink.net](mailto:dne892@suddenlink.net)

## **Meatpie Tri Results**

Congratulations to all who participated in the Meatpie Triathlon in Natchitoches, LA on September 23

### **AGE GROUP WINNERS ARE LISTED BELOW**

Tyler Jusselin	1:44:53	1 <sup>st</sup> in age group
Ashley Twyman	2:31:25	2 <sup>nd</sup> in age group
Scott Langford	1:30:58	3 <sup>rd</sup> in age group
Greg Bell	1:34:38	2 <sup>nd</sup> in age group
Julie Nix	2:06:44	3 <sup>rd</sup> in age group
Sandy Triplett	1:56:44	1 <sup>st</sup> in age group
Joe Hinton	2:05:18	2 <sup>nd</sup> in age group

.....

# October 2007

## TRAINING - CLINICS - EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	Longhorn Festival Austin, TX
	6:00 pm Bike from ERBC Noon Swim @ Centenary	6 am track CSHS	6:00 pm Bike from ERBC Noon Swim @ Centenary	6:00 pm Bike from ERBC Noon Swim @ Centenary		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Longhorn Festival Austin, TX	6:00 pm Bike from ERBC Noon Swim @ Centenary	6 am track CSHS	6:00 pm Bike from ERBC Noon Swim @ Centenary	6:00 pm Bike from ERBC Noon Swim @ Centenary		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
US Open Triathlon Dallas, TX Stretching Clinic Fit Rx - 4pm	6:00 pm Bike from ERBC Noon Swim @ Centenary	6 am track CSHS	6:00 pm Bike from ERBC Noon Swim @ Centenary	6:00 pm Bike from ERBC Noon Swim @ Centenary		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	6:00 pm Bike from ERBC Noon Swim @ Centenary	6 am track CSHS	6:00 pm Bike from ERBC Noon Swim @ Centenary	6:00 pm Bike from ERBC Noon Swim @ Centenary		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
	6:00 pm Bike from ERBC Noon Swim @ Centenary	6 am track CSHS				