

SUNRISE NEWSLETTER



**SEPTEMBER
2007**
Issue 8

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happy birthday to . . .

- 9/1 Holly Gill
- 9/2 Kaylee Hooper
- 9/4 Mallorie Williams
- 9/5 Kent Hollier
- 9/7 Ian Webb
- 9/8 Ken Theis
- 9/14 Thomas Thoma, Jr.
- 9/15 Bill Peatross
- 9/16 Matt McVicar
- 9/18 Ford Gibson
- 9/18 Murray Twyman
- 9/19 Tony Mack
- 9/20 Rex Tamplin
- 9/22 Maria Thoma
- 9/24 Christian Gaydos
- 9/26 Jennifer Angelo
- 9/26 Michael Mayence
- 9/28 Phillip Scott
- 9/30 Taylor Conrad
- 9/30 Jennifer Dean
- 9/30 Jason Engle
- 9/30 Amanda Webb

From the President . . .

Wow, I really missed what racing felt like. In the beginning of the season I enjoyed volunteering and watching everyone race. This allowed me to continue with my training program minus the race day jitters. I was a little skeptical about racing River Cities because I didn't feel like I was ready to race a sprint considering all the long, aerobic training I was doing. Thankfully I decided to participate without the pressure of worrying about my time. I went into it with two goals; have a great time and don't get hurt! And that's what I did. It was so much fun racing, seeing Sunrise members on the course and getting cheers from spectators. We had so much support out there. Could I have raced a little harder? Sure. Did I feel a little too good at the end? Yes. However, it was a blast and I am proud to have been a part of the race from behind the scenes to the finish line. I accomplished my goals and was still able to continue training the next day. What more could I have asked for.

With cooler weather on the horizon, you may find your training focus is slowly shifting to fall marathons. A group is already getting ready for Chicago in October and you can bet that several locals will compete at White Rock in Dallas in December, and Houston in January. I will always remember my first marathon and frequently get jealous of those attempting their first. There really was something magical about that cool December morning I lined up with several thousand other people, not knowing exactly what was in store for me the next 4 hours. Now 5 years and 12 marathons later, I have figured out a few do's and don'ts as I line up on the starting line. Several of mine include, no salad the night before (unless there are bathrooms located at every mile of the race), walking through all water tables (because your legs don't respond as well in the later miles of the race if you haven't trained them to slow a little), and stick to your race day plan no matter how good you think you feel or what the Clif pace guy tells you!

Let's not forget all the late season triathlons members are still training for. TexasMan and Meat Pie are big ones in September, The Longhorn Festival and the Toyota US Open round out October, and let's not forget that race in early November a few of us will attempt. Make sure you send a race report because we really enjoy reading them.

~ Martha

What's the Best Way to Train for a Marathon?

There isn't one right plan but these principles can help you figure out what works for you.

by Amby Bruford

Run Just enough. "Stay healthy" is the most important piece of training advice and the most often ignored. Better to be slightly under trained, but feeling strong and eager, than to be over trained.

Build your training slowly. Increase weekly mileage by just 10 percent per week. Extend long runs by just one mile at a time up to 10 miles then by two miles at a time if you want. Make sure to take recovery weeks as well as days. Here's what eight weeks of training might look like in terms of miles per week: 20-22-24-20-26-28-30-20.

Recover, recover, recover. You don't have to train seven days a week, you have to train smart three or four days a week. The approach is now endorsed by the Furman FIRST marathon program where 70 percent of veterans have improved their times on three runs a week.

Do your long runs. The newer you are to marathoning, and the slower, the more important your long runs. You simply have to get accustomed to being on your feet for three, four, or more hours. There's no magic length. All systems work as long as you get to the starting line healthy and strong.

Eat your carbs. To stay healthy and recover well, you need to fuel your body efficiently. First consume some carbs – gel, sports drink, and so on – during long, hard workouts to keep running strong. Second, eat and/or drink a good helping of carbs as quickly as possible after workouts. Add a little protein for muscle repair.

Pay attention to iron. Running increases iron loss through sweating and pounding. You don't have to be a meat-eater to run a strong marathon but you do have to consume enough iron.

Sidestep injuries. Resting and/or cross-training for several days a week at the first hint of a problem will help keep injuries away. Core stability will also help runners maintain good running form and pace last in a race.

Taper for two to three weeks. A new study from Ball State University showed a particular gain in Type II muscle fiber strength – the so called fast, aerobic muscles that can adapt to improve your performance – after a three week taper.

Shoe Clinic at Sportspectrum Monday, September 10th - 7:00 pm

- ◆ Do you want to know why some people use racing flats? When to use them?
- ◆ Want to view the latest in fall colors of your favorite running shoes?
- ◆ Are you even running in the right shoes?
- ◆ Do you need motion control or a neutral shoe?
- ◆ How does a 25% discount sound??
- ◆ Want a chance to see the new fall clothes?

Steve Ertz will talk to us about common running injuries and the latest treatments. Matt Miller and Scott Langford will tell us about the latest and greatest in running shoes. We will have samples of MotorTabs (a new product carried by Sportspectrum), Endurox and Clifblock give-aways, and discounts store wide! And you get an entry into the end of the year "Free Races for 2008" drawing just for showing up!

The Errors of Your Running Ways

1. **Doing Workouts too Fast or Too slow:** One of the biggest errors runners make is running workouts at incorrect speeds. Run your workouts too fast and you may not meet the purpose of the workout. At the very least, you'll add unnecessary fatigue to your legs without extra benefit. On the other hand, if you run your workouts too slow, you may not obtain the desired benefit at all. Research has shown that cardiovascular benefits are minimal when running below about 60 percent of your maximal heart rate.
2. **Running the First Mile of a Race Too Fast:** The faster you run the first mile of a race, the more your muscles rely on anaerobic metabolism to produce energy. With the greater reliance on anaerobic metabolism and muscular work comes an increase in muscle and blood acidosis and the accumulation of metabolic byproducts that cause fatigue. You can't put running time "in the bank." You will end up losing more time in the end than what you gained by being "ahead of schedule."
3. **Doing Speed Work Without First Running Enough Aerobic Mileage:** While speed work and lots of races seem to be the method of training at most high schools, it is not the best way to meet your potential as a distance runner. Speed work gives you more bang for your buck, improving performance faster than simply running lots of miles, but any short-term success may likely occur to the detriment of your long-term development. Interval training increases stroke volume and cardiac output, but sending more blood and oxygen to your muscles from a more powerful heart won't do you much good if your muscles are not equipped to use the extra oxygen.
4. **Not Eating After a Workout:** Not refueling after you run is possibly the single worst thing you can do that thwarts your recovery. Research has shown that delaying carbohydrate ingestion for just two hours after a workout can significantly reduce the rate at which glycogen is synthesized and stored in your muscles and liver.

Dating a Triathlete/Marathoner

- "I am an outdoors type of person" *really means:* I train in any type of weather. If it's raining, snowing, 90 degrees with 100% humidity or winds gusting at 30 mph.
- "I like jogging" *really means:* Let's run hills until we puke. If you can't do a spur of the moment 10 miler then you're not my type.
- "I enjoy quiet walks on the beach" *really means:* Walk on the beach warming up into an 8 mile run and then plunging myself in the ocean for a 2 mile swim.
- "I'm into technology" *really means:* All of the songs in my iPod are strategically downloaded based on beats per minute in regards to my pace.
- "I'm an active person" *really means:* Aside from my 40 hour job week and the 8 mandatory hours of sleep a night, 10 hours a week are devoted to workouts during the off-season and 20 during race season – thus leaves us 4 hours. If you are a licensed massage therapist or doctor this would make the most optimal use of our time together. Nutritionist is also acceptable, but I probably already know just as much as you.
- "I enjoy dining out" *really means:* I enjoy eating out, in or anywhere else I can find food. Don't be shy because with the amount of food I eat, you can have the main entrée instead of a salad and you will still look as though you eat like a rabbit in comparison! Eventually you will have a terrible complex due to watching me eat desserts and not gain any weight.
- "I like stimulating conversation" *really means:* While we are running, we can talk about how we decided what to wear on this run based on the temperature at start time versus the temperature at the time we expect to finish, how many miles we did last week, and how many we will do this week and next week.
- "I enjoy relaxing soaks in the tub" *really means:* I'm going to stop on the way home and buy two bags of ice, throw them in the tub with some water and sit in this torture chamber for 30 minutes.

“Feeling the Burn” Also Can Turn Into More Energy

by: Brom Hoban

Toward the end of a 5K, riding up a steep hill on a bike or churning out those last few laps in the pool, you tend to “feel the burn.” Most folks know this as the familiar presence of lactic acid, a virtual companion to hard workouts.

But not many know that lactic acid can be your friend.

That’s right. Lactic acid – long known as a byproduct of burning fuel – can be a fuel itself in the properly trained athlete.

While there is still debate over whether this is a case of the body making the best of a byproduct, or if lactic acid is deliberately produced as a fuel, it’s well documented that lactic acid is in fact used in the production of energy.

According to a recent article in Running and FitNews, “what is known is that lactic acid is one of many fuel sources, and the subject is definitely more complicated than lactic acid is bad and causes fatigue.”

While most runners know that they deplete muscle glycogen after a few hours of running, they mistakenly associate the deep fatigue in the late miles of a marathon with lactic acid. But there is more to the story than that.

The article states that a common misconception is that the depletion of muscle glycogen directly causes lactic acid build-up, and therefore fatigue and cramping. But long after the body has used up all of its glycogen stores, a marathoner may continue to run without hitting the wall.

“That’s because the body relies heavily on fat burning in the later stages of endurance events – after about one hour of running, the ratio of energy derived from fat burning to that derived from carbohydrates is three to one,” the article states.

Research conducted by George A. Brooks of the University of California-Berkeley suggests that as your muscle cells use carbohydrates anaerobically for energy, they produce lactate as a byproduct, and then burn it too, as an additional fuel source.

So the right kind of training can help runners not so much to clear the lactic acid from the blood, but to use the lactic acid before it can build up and cause muscle fatigue.

So what’s the magic training? You guessed it: high-intensity running (interval training), along with prolonged sub-maximal training (overdistance runs at aerobic pace) can train your body to burn greater amounts of lactic acid.



Out of town Race Schedule

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

◆ **September 16**

Texas Man Triathlon
Irving TX

◆ **September 23**

Meat Pie Tri
Natchitoches LA

◆ **October 6-7**

Longhorn Festival
Austin TX

◆ **October 14**

Toyota US Open Triathlon
Dallas TX

REMINDER

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

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River Cities Recap

River Cities 2007 is over and we anxiously await 2008. Matt Brown and company again produced the best triathlon in the south! The bad weather held off and the sun promised to shine. Packet pick-up was fast and furious with no major glitches. Yes, the swim was HOT and times were slower than expected, however, Sunrise once again racked up the points and trophies.

1. Chris Herrington	1:22:36	(4 th M25-29)	50. Scott Cook	1:48:33	(3 rd M 1-14)
2. Jason Weinland	1:22:59	(Overall winner-Male Masters)	51. Marion Cash	1:49:49	
3. Petrus Booyens	1:23:44	(3 rd M40-44)	52. Jennifer Angelo	1:50:15	
4. Calvin Sears	1:24:09	(1 st M45-49)	53. Diane Boyd	1:50:25	
5. Seth Ozasa	1:24:42	(4 th M30-34)	54. Suzanne Barnette	1:50:50	
6. Linzie Hebert	1:24:53	(4 TH Overall Female)	55. Bridget Chase	1:51:14	
7. Mike McHalfey	1:25:21	(2 nd M45-49)	56. Katalin Tapolyai	1:51:17	
8. Greg Bell	1:26:01	(4 th M45-49)	57. Jason Aleman	1:51:46	(10 th Clydesdale 40-49)
9. Ryan Patton	1:27:47	(7 th M25-29)	58. Suzanne Robicheaux	1:52:04	(6 th F50-54)
10. Jeff Lang	1:30:13		59. Tommy Foster	1:52:45	
11. Jeff Howells	1:31:33		60. Bridget Sinclair	1:53:48	
12. Michael Carmody	1:32:05		61. Kay Deberardinis	1:54:45	
13. Daniel Anderson	1:32:24		62. Joe Hinton	1:55:36	(2 nd M65-69)
14. Jim Balfe	1:32:25	(5 th M50-54)	63. Margaret Olmedo	1:55:48	
15. Dave Rech	1:32:24		64. Jon Martin	1:56:24	
16. Lesley Conrad	1:34:32	(5 th F25-29)	65. Holly Bienert	1:56:26	
17. Tony Bouso	1:34:32	(7 th M50-54)	66. Tony Villarreal	1:56:30	
18. Joe Haynes	1:34:50		67. Jim Waguespack	1:56:52	(4 th M60-64)
19. Paul Burch	1:34:53		68. Terri Johnson	1:57:03	
20. Michael Mayence	1:36:38		69. Jamie Johnson	1:57:19	
21. Michael Smith	1:36:40		70. Tom Siskron	1:58:39	
22. Louise Smyth	1:37:00	(7 th F25-29)	71. Amber Claunch	1:59:00	
23. Craig Nicholson	1:37:12		72. Steve Terese	1:59:43	
24. Jon Johnson	1:37:13		73. Thea Moeller	1:59:46	
25. Jose Cadelina	1:37:18		74. Teresa White	2:01:26	
26. Dusty Williams	1:37:26		75. Wallace Robertson	2:02:08	
27. Matthew Fenno	1:37:47		76. Madeline Wellborn	2:03:45	(4 th F15-19)
28. Jason Engle	1:37:54		77. Sean MacLeod	2:03:54	
29. Susan Vaughan	1:37:54		78. Jennifer Dean	2:04:22	
30. Steve McNamara	1:37:56		79. Patrick Brewster	2:05:12	
31. Scott Harville	1:38:34	(2 nd F20-24)	80. Patrick Keen	2:04:49	
32. Martha Siskron	1:38:38	(6 th F30-34)	81. Debbie Roeten	2:05:12	
33. Elka Anderson	1:38:53	(2 nd Athena 1-39)	82. Danny Triplett	2:05:56	
34. Carlos Sanchez-Gonzales	1:39:04		83. Lee Stevens	2:06:27	
35. Steve Soileau	1:39:20		84. Martha Howe	2:06:32	
36. Lanya Pankey	1:40:11	(8 th F30-34)	85. Mike Williams	2:07:23	
37. Jeremy Hebert	1:41:25		86. Anthony Roggero	2:09:41	(9 th M60-64)
38. Brenda Antee Viselli	1:41:48	(10 th F40-44)	87. Jeff Harper	2:11:28	
39. Jennifer Sutton	1:42:10		88. Sharon Ong	2:14:02	(9 th Athena 1-39)
40. Kevin Cook	1:42:48		89. Wellborn Jack	2:20:12	(2 nd M70-99)
41. Ken Payne	1:43:14		90. Rick Yates	2:20:25	
42. Sandra Haynes	1:43:46		91. Kevin Sowell	2:21:13	
43. Jim Beadles	1:44:16		92. Rick Allison	2:22:38	
44. Doug Gotberg	1:44:23		93. Jack Ward	2:25:46	
45. Thomas Thoma	1:44:52		94. Cliff Laborde	2:28:00	
46. Jonnene Moore	1:45:28		95. Rosemary Kimball	2:28:17	
47. Jason Kendall	1:45:48		96. Laura Perdue	2:42:06	
48. David Navalance	1:45:50		97. Petesy Miller	2:49:42	(6 th M65-69)
49. Taylor Conrad	1:48:27				



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SUNRISETRICLUB.COM

**visit your
website !!!**

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

Vice President -- Michael Carmody

fmcarmony@bellsouth.net

Secretary -- Suzanne Robicheaux

mydorbandt@yahoo.com

Treasurer -- Elka Anderson

dne892@suddenlink.net

Upcoming Clinics !!!

October 14 4:00 pm
Performance Stretching Clinic @ Fit Rx

November 18 TBA
Paintball

December 1 TBA
End of the

Sunrise Uniform Availability

The New Balance store in Uptown Shopping Center has the following extra pieces of Sunrise Uniforms available for purchase - no more will be ordered until next season:

Women's (1) tri top - Sm	\$46.00	Men's (1) tri top - Med	\$43.50
Women's (1) tri short - Sm	\$46.00	Men's (1) trisuit - Med	\$80.50
Women's (1) sports bra - Sm	\$20.00	Men's (1) trisuit - XXL	\$80.50
Women's (2) sports bra - Med	\$20.00		
Women's (2) sports bra - Lg	\$20.00		
Women's (1) sports bra - XL	\$20.00		
Women's (3) swimsuit - Med	\$20.00		
Women's (1) swimsuit - Lg	\$20.00		

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September 2007

**TRAINING - CLINICS -
EVENTS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	530 am SMR
2	3	4	5	6	7	8
		6:00 pm Bike from ERBC	6 am track CSHS	6:00 pm Bike from ERBC		530 am SMR
9	10	11	12	13	14	15
	7:00 pm - SS Sunrise Clinic	6:00 pm Bike from ERBC	6 am track CSHS	6:00 pm Bike from ERBC		530 am SMR Race for the Cure
16	17	18	19	20	21	22
Texas Man Tri Irving, TX		6:00 pm Bike from ERBC	6 am track CSHS	6:00 pm Bike from ERBC		530 am SMR Gator Run Seize the Road
23	24	25	26	27	28	29
Meat Pie Tri Natchitoches, LA		6:00 pm Bike from ERBC	6 am track CSHS	6:00 pm Bike from ERBC		530 am SMR BDB 100 Hustle for Your Health
30						

SS = Sportspectrum ERBC = Ellerbe Road Baptist Church SMR = Saturday Morning Run CSHS = Captain Shreve track