



Sunrise Triathlon Club 2010

2009 Southwest Region Cat 2 Champs
LIVING THE MULTI-SPORT LIFE STYLE. Swim Bike Run
February 2010, Issue 2

Doug Gotberg:
djgberg@aol.com

Teresa White:
twhite1@bellsouth.net

Renee Umstead:
renee.umstead@att.net

Denise Cook:
dcook20@juno.com

Tanya Tingle:
ttingl@lsuhsc.edu

Greetings Sunrise Members! 2010 is kicking off into high gear with some great winter racing! Many of our club members have been out participating in local races in sub freezing and nasty weather conditions and others starting their training plans. We, your 2010 Sunrise Officers have been busy planning exciting clinics, training camps, new updated uniform and so much more. We have also started a Facebook site, if you haven't become a FAN, please do so!! As we move toward this start of Triathlon Season we welcome any comments, suggestions or feedback from all of you!

Have a GREAT SUNRISE Month!



Punxsutawney Phil: 6 more weeks of winter = Rollercoaster weather!



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Happy Birthday!

Elka Anderson – Feb 5th
Matthew Henfey – Feb 8th
Kevin Cook – Feb 10th
Dave Rech – Feb 10th
Cheryl Webb – Feb 14th
Ashton Keen – Feb 18th
Eric Amison – Feb 20th
Michelle Carroll – Feb 22nd
David Matlock – Feb 23rd
Suzanne Richardson – Feb 24th
Kay deBerardins – Feb 24th
Vicki Su – Feb 25th
Lino Andreani – Feb 26th
Sandy Triplett – Feb 28th
Joe Hinton – Feb 29th

*If we missed your birthday, our apologies. The roster is from 2009 and not complete with each member's profile data.



It's OFFICIAL!!!
Sunrise is the
2009 Southmid West Region
Cat 2 Champs!

Way to go to ALL our 2009
Club Members!!!

Our winning team has a dedication. We will have a core of veteran players who set the standards. They will not accept defeat.



Doug, Anna & Sharon, welcoming Sunrise Members for coming to the Runner's Knee Clinic.



Sunrise members listening to Sharon explaining knee disorders, management, risk factors, alignment and other potential knee problems.



Rae Lynn Adcock receiving a IT band accessment from Sharon.

A huge Thank You to Anna Means & Sharon Dunn for taking time out of their weekend to hold a Runner's Knee Injury Prevention Clinic, which was held at their business The Edge Physical Therapy, a state of the art practice!

We had a awesome turn out, approximately 28 Sunrise members came out to learn more about knee injuries, how to detect them, what kinds of exercises we should and should not do, and when you should seek professional help.

Anna also does a extensive 'Running Assessment' – something several members immediately jumped at the chance to sign up for. For more information, please contact Anna Means at:

*The Edge Physical Therapy, 2950 Fairfield Avenue, Shreveport, LA 71104,
318-841-0696*

www.edgephysicaltherapy.com



Sunrise Spotlight!

1. How long have you been doing triathlons? I started doing triathlons in the summer of 2003. I had recently moved to Shreveport and had a friend that wanted me to do the Sunrise Series with her...I agreed. I did minimal training (rode my friend's bike once and made sure that I could survive the swim by going to the pool once to swim/doggie paddle the distance) and showed up to the race with neither a helmet nor an understanding of why riding a mountain bike may put me at a further disadvantage...thank goodness my friend had an extra one. It was such a great experience that I was immediately hooked and knew that I had lots of room for improvement!
2. What is your favorite pre-race or post-race food? Pre-race ritual is always a bagel and peanut butter...post-race usually involves ice cream at some point in the day.
3. Which is your favorite race? I definitely have to say River Cities...and no I'm not trying to score a bigger discount at Sportspectrum by saying this! I race for many reasons, but one of the those reasons is definitely racing with members of our triathlon club. It's so great to be out there cheering each other on and then be able to hash out all of the ups and downs of the race following the event. Our volunteers are awesome and we all know about the impressive goodie bag that we receive. I am also proud for our community to host such a well-run and popular event.
4. What do you like to do in your FREE time when not training or racing? Just started my own business, which I love and has kept me pretty busy in my "free time". I also just got hooked on "Words with friends"...it's basically scrabble for your I-Phone...love it!
5. What has been your worst race experience? Hmm...I did a 1/2 Ironman in Macon, GA a few years ago in 95-100 degree weather...didn't hydrate/fuel appropriately and ended up with terrible quad cramps I had ever experienced off and on for 12 of the 13 mile run...not my most favorite race day!
6. What has been your most memorable race experience? Probably would have to say the Ironman in Lake Placid. The whole experience was truly at the top of my chart of athletic adventures. The water was amazingly clear, scenery was beautiful, town was packed with cheering supporters, and to hear those 4 beautiful words for the first time...you are an IRONMAN!!! Priceless!!
7. Anything special you'd like our club members to know about you? I must not be too special because I can't think of anything!!! I grew up on a farm and showed Angus cows...actually was the Angus "Princess" when I was 10...don't think anything glamorous(although I did have a banner and a crown!)...that prestigious honor meant I got to hand out ribbons in my boots and wranglers to the winners of the cattle shows!

1. How long have you been doing triathlons? Joyce and I were first introduced to triathlons in 2002 when our daughters Tara and Miranda asked me to do the run leg of a relay with them at of the Caney Lakes Tri. I don't know if it was the ink from the body markings or a virus from a Tri bug but I left that race infected with the tri fever. I knew the only way I was going to recover was to do a solo tri but I had to first overcome a serious problem. I could not swim. I jumped into the pool and taught myself how to swim just enough to complete the 2003 Sunrise Series races. I just kept on trying after that and with the help and support of Joyce and the Sunrise Club and the Sunrise Series Races I was able to complete my first open water tri at Jefferson in 2006. It was the ultimate River Cities Tri after that and then 8 to 10 triathlons each year since.
2. What is your favorite pre-race or post-race food? Pre race – peanut butter&honey sandwich; Post race – chocolate milk
3. Which is your favorite race? I am partial to the Sunrise Series Races because they are so helpful to anyone just starting out in triathlons yet they are competitive enough for everyone.



Joe & Joyce Hinton

4. What do you like to do in your FREE time when not training or racing? I like to read fiction novels and spend time with Joyce.
5. What has been your worst race experience? The present moment. I have been training for 20 weeks with the USAFit group for the 28 Feb New Orleans Marathon and suddenly only 5 weeks from race day I injure my left leg. But with Anna's help I am optimistic that I will be ready on race day.
6. What has been your most memorable race experience? My first ever open water swim. I had to dig real deep down in the courage bag to get past that frightening experience but afterwards it was rewarding and an accomplishment I will remember for a long time.
7. Anything special you'd like our club members to know about you? Absolutely! There is something very special that everyone should know about me. Her name is Joyce and she is my lovely wife and friend forever. Without her love and support I would not be answering these triathlon related questions today. She encourages me to push myself and she's there to pull me when I need it. Everyone should be so fortunate to have a training partner like I do.

