



Sunrise Triathlon Club 2010

2009 Southwest Region Cat 2 Champs
LIVING THE MULTI-SPORT LIFE STYLE. Swim Bike Run
March 2010, Issue 3

Hello Sunrise Members and a BIG WELCOME to all our new members and WELCOME BACK to all our seasoned veterans!

Triathlon season is HERE with Warhawk Tri just a few weeks away. I know many of us have been out and about training (swimming, biking and running). We are all anxious for the weather to warm-up and daylight savings time to get here ALREADY!

We are so pleased to have some great veterans among us (Daniel, Mike, Jason, & Patrick) to plan/coordinate weekday runs and rides. What a great opportunity to train together!

Don't forget to come check out the bike clinic at River City Cycling!

See you all at the Kick Off Party!

Let's Race!



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Daylight Savings Time!!!

Set your clocks AHEAD 1 HOUR
on Sunday, March 14th @ 0200am



http://www.xterrawetsuits.com/special/login_code.php

Sunrise Kick Off Party!

Date: March 27th

Time: TBA

Location: Matt Brown's House

Address: 10560 Ellerbe Road (across from the church)

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Clinic's!

BIKE CLINIC – Sunday, March 14, 4-6pm

Ian Webb, River City Cycling will host a bike clinic for all Sunrise Members on Proper Triathlon Bike Fit and Positioning.

Location:

River City Cycling
3787 Youree Drive
Shreveport, LA 71105

SHOE CLINIC – Monday, April 5, 6pm

Justin Reneau will host a Running Shoe Clinic for all Sunrise Members – to include exclusive deals.

Location:

Sportspectrum



Happy Birthday!

Janet Bouso, Mar 4th
Katie Ellis, Mar 8th
Braydon Cook, Mar 10th
Polly Lee, Mar 13th
Kelly Custer, Mar 20th
Stacy Wilburn, Mar 20th
Teresa White, Mar 22nd
Julie Nix, Mar 25th
Jeff Wellborn
Shelby Taylor, Mar 29th
Heather Emory, Mar 31st

*If we missed your birthday, our apologies. Please send birthday info to Renee.

Monday & Wednesday Evening Runs!!!

Sunrise Members:

We will be organizing weekly afternoon training runs twice a week on Mondays & Wednesdays. These will begin March 15 after the time changes. The runs will be usually 4-6 miles and take place on the Clyde Fant trail in Shreveport or Arthur Teague trail in Bossier City. We chose these locations because they are accessible for parking as well as safety, i.e. no vehicles. These being out & back courses solves the problem of memorizing a mapped route or getting lost. Plus it gives opportunity to interact & encourage each other.

The runs are for everyone, regardless of pace or experience; veteran or newbie. The runs will be at your own pace but will be designed to help everyone to improve their running skills.

After a bit of time we will implement some run workouts to fit different needs & paces. Typical workouts may include tempo runs, fartleks and negative split runs. If you are not sure of what these types of runs are no need to worry we will help and explain as they are added in.

The main goals of these weekly runs are to provide a quality work out and give club members to train & interact with fellow Sunrisers.

More information will come as we progress in the year.

See you soon,
Daniel Anderson
Mike McHalfey
Sunrise Triathlon Club Run Training Coordinators



Group Cycling Rides

Sunrise –

The Club is pleased to announce that in addition to group training runs, the club will also promote a Group Cycling Regime.

Veteran triathletes Jason Weinland & Patrick Marr are working to create daily group rides in Shreveport & Bossier City. Our objective is to have a group ride every day in each city.

The rides will begin with daylight savings time, March 15th. They will accommodate all skill levels and incorporate sweepers for a 'no drop' policy. Each ride will feature a leader who will 'coach' the ride and it's particular objective.

Times & locations are all under consideration and will be announced as soon as possible. This will be a great opportunity to learn how to train and to have camaraderie while you're at it!

Jason Weinland
Patrick Marr
Sunrise Cycling Czars



Cycling Pace Chart

Miles Per Hour	10 Miles	20K 12.4 Miles	15 Miles	40K 24.9 Miles	56 Miles	112 Miles
12	:50	1:02	1:15	2:04	4:40	9:20
13	:46	:57	1:09	1:55	4:18	8:37
14	:43	:53	1:04	1:47	4:00	8:00
15	:40	:50	1:00	1:39	3:44	7:28
16	:38	:47	:56	1:33	3:30	7:00
17	:35	:44	:53	1:28	3:18	6:35
18	:33	:41	:50	1:23	3:07	6:13
19	:32	:39	:47	1:19	2:57	5:54
20	:30	:37	:45	1:15	2:48	5:36
21	:29	:36	:43	1:11	2:40	5:20
22	:27	:34	:41	1:08	2:33	5:05
23	:26	:32	:39	1:05	2:26	4:52
24	:25	:31	:38	1:02	2:20	4:40
25	:24	:30	:36	1:00	2:14	4:29
26	:23	:29	:35	:57	2:09	4:18
27	:22	:28	:33	:55	2:04	4:09
28	:21	:27	:32	:53	2:00	4:00
29	:21	:26	:31	:51	1:56	3:52
30	:20	:25	:30	:50	1:52	3:44

