

Sunrise Triathlon Club 2010

2009 Southwest Region Cat 2 Champs

LIVING THE MULTI-SPORT LIFE STYLE. Swim Bike Run

June 2010, Issue 6



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Tri season is in HERE and race season is in full mode. With that brings new adventures for a lot of us, whether it be your first triathlon, first Olympic Distance, Half Ironman or Full Ironman. We all have one goal in common and that is crossing that finish line!

A lot of people keep asking me what "goal time" do I expect to finish my first Ironman (Louisville), I smile and say, I just hope to finish. I found an article from 2009 and thought how perfect – these are my new goals:

The No. 1 goal that every athlete should have when toeing the line for an Ironman is to finish! Here are some other goals worth shooting for:

2. Finish while standing.
3. Finish while standing and smiling.
4. Finish while standing, smiling and in good enough physical condition to bypass the medical tent for food and a massage.
5. Finish while standing, smiling, bypassing medical tent and remaining gainfully employed.
6. Finish while standing, smiling, bypass the medical tent, gainfully employed and married!

Good Luck to Everyone this TRI Season!



<http://www.feedthemachine.com/>



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

Find us on Facebook



Sunrise #3 – June 20th!

Register now!

If you are not racing and are available to help out, please contact Doug Gotberg!



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Clinics!

Open Water Swim Clinic –
 Saturday, June 5th Cypress Lake
7:10 Beginner Early Start
7:30 Veterans, jump on in
8:30-8:45 Clip in & Roll Out

Once again, Janet Martin will be on hand for instruction and answer questions. Practice will cover the different aspects of open water swimming/racing. ie. sighting, turning around bouys, entry/exit, and more. Veterans, beginners and everyone in between can only benefit from this practice workout. If you missed the first practice, don't miss this opportunity. After swim practice, bike ride will roll out & run thereafter. {Give one of the longer ride routes a chance, time in the saddle is the best thing}



Happy Birthday!

Brianna Haley	Jun 5 th
Scott English	Jun 6 th
Raymond Turek	Jun 6 th
Tina Ellis	Jun 6 th
Madeline Wellborn	Jun 7 th
Mike Hutchenson	Jun 10 th
Krystyna Gotberg	Jun 11 th
Mark Webb	Jun 18 th
Terry Harkey	Jun 22 nd
Daniel Triplett	Jun 26 th
Donald Payne	Jun 26 th
Elizabeth Willis	Jun 29 th
Ric Pennington	Jun 30 th

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

SOUTHSIDE POOL!!!

Sunrise Tri Club has arranged for its members to have access to the 50 meter pool at *Southside Swim Club, 2815 Mackey Lane, Shreveport, LA 71118* every Monday and Wednesday evening from 6:00 to 7:00 p.m. starting Wednesday, June 2nd through July 28th.

This is for LAP SWIM ONLY!!

Snacks? Check!

Healthy, handy single-serving foods for the road:

- Sports Drink – one Gatorade thirst quencher powder pack mixes up to 17oz.
- Energy Bars – Cliff Bars & Kashi TLC Bars supply both carbs & protein.
- Instant Oatmeal – Heat water in the hotel coffeemaker.
- Granola – Top your yogurt w/Bear Naked Snack-Packs.
- Honey – Snag single serving packets at any fast food joint.
- Crackers – Kashi TLC crackers are 130 calories a bag.
- Fruit – Apples, oranges, and bananas hold up well.
- String Cheese – A good source of low-fat protein.
- Hard-Boiled Eggs – Be sure to peel before you leave.
- Hummus – Try squeeze-tubes of Wild Garden Hummus.
- Carrots – Mini snack bags pair perfectly with hummus.
- Chocolate – Portion control with individual squares.



River Cities Tri Registration



