



# Sunrise Triathlon Club 2010

2009 Southwest Region Cat 2 Champs  
LIVING THE MULTI-SPORT LIFE & STYLE. Swim Bike Run  
July 2010, Issue 7

Greetings Sunrise!

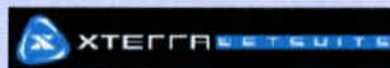
WOW June sure did fly by! We hope everyone had a great time at our Sunrise Race Series! We wanted to thank all our SPONSORS, and our wonderful VOLUNTEERS!

Please take advantage of the upcoming training opportunities this month: Lake O'The Pines (Ultra Training or Brick Workout), and DeGray Lake Training Camps. Whether or not you plan to do the races (Jefferson Tri or DeGray Lake Tri Fest) these workouts can be great training!

River Cities Triathlon is a few weeks away – we have booked the “Party Hut” for July 17<sup>th</sup> and will be coordinating a brick workout, SWIM – BIKE – RUN the RCT Course!! More info will be sent out next week!

Don't forget to let Elka Anderson know when you do a race – every point counts!

Don't forget to HYDRATE – train HARD – and be SAFE!



[http://www.xterrawetsuits.com/special/login\\_code.php](http://www.xterrawetsuits.com/special/login_code.php)

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# Time Trial!

Mike Simpson Crossroads TT for July!

Wednesday, July 7<sup>th</sup>  
Wednesday, July 21<sup>st</sup>

First Rider off at 6:30pm at the intersection of Ellerbe Road and Highway 175. It is 7.35 miles out-and-back.

A good chance to test your equipment and judge your fitness over the summer.

This is not a sanctioned event so you come out and ride at your impulse.



# Happy Birthday!

Karen Eychaner	Jul 7 <sup>th</sup>
Charles Haley IV	Jul 8 <sup>th</sup>
Sharon Corroero	Jul 10 <sup>th</sup>
Aaron Cosby	Jul 11 <sup>th</sup>
Jeffrey Lang	Jul 11 <sup>th</sup>
Dedra Reneau	Jul 12 <sup>th</sup>
Julia Morrow	Jul 16 <sup>th</sup>
Joshua Adcock	Jul 16 <sup>th</sup>
Wylie Shores	Jul 16 <sup>th</sup>
Joshua Hudson	Jul 16 <sup>th</sup>
Tom Siskron	Jul 18 <sup>th</sup>
Brad Colvin	Jul 20 <sup>th</sup>
Ken Payne	Jul 22 <sup>nd</sup>
Chuck Haley	Jul 24 <sup>th</sup>
Terrel Sugar	Jul 26 <sup>th</sup>
Sophie Wiener	Jul 29 <sup>th</sup>

\*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 2<sup>nd</sup> through July 28th.

**This is for LAP SWIM ONLY!!**

## **DeGray Lake Training – July 24-25, 2010**

### **THE PLAN: Swim – Bike – Run - with LOTS of FELLOWSHIP & FUN!!!**

*The core training of the weekend will closely mimic, but not be limited to, the race courses of the Tri Arkansas International Distance & Degray Lake Sprint triathlons that take place on August 14-15.*

*(see link for more info regarding these races <http://dltmultisport.com/>)*

*Even if you do not plan on attending these races in August, this will still be a great training opportunity.*

**This is not a "clinic", just a weekend of great training with some fellowship mixed in.**

# Sunrise 2010 Sponsors

Sunrise Triathlon Club wishes to thank our many sponsors for their generous contribution! Without their contribution we could not have had such a successful 2010 Sunrise Race Series!

## 2010 Sponsors:

The Edge Physical Therapy  
DA-CO Air Conditioning & Heating  
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Enterprise Computing Services  
Windrush Grill  
No Limits Timing  
Ellis Home Décor & Garden  
Sportspectrum

### RELAX, RECHARGE

**Take your easy days seriously so you'll run your best when it really counts.**

From the August 2010 issue of **Runner's World**

### RECOVERY DAY: EASY RUN

**DO IT** The day after a tempo run, speed workout, or hill repeats

### RECOVERY DAY: CROSS-TRAINING

Cycling, swimming, and hitting the elliptical or rowing machines are all good, low-impact ways to hasten the removal of waste products that cause soreness, while correcting muscular imbalances caused by running.

**DO IT** Whenever you're feeling slightly fatigued or sore, especially the day after a long run or speed workout

### RECOVERY DAY: PUMPING IRON

Strength training gives your legs a much-needed break from pounding the pavement and improves your whole-body strength.

**DO IT** The day after running hill repeats or a tempo run

### RECOVERY DAY: TOTAL REST

No yoga, no short walks.

**DO IT** Once a week. The day after your long run is ideal, but any day you're feeling out of gas works.

