



April 15th, 2008

Coach Lee's Tips



Spring cleaning....Your bike!

It is important to start with a clean bike. Keeping your bike clean will extend the life of your components. As you clean the bike take the time to inspect everything. Look for cracks or other signs of wear that could cause future breakdowns or parts failures. Clean the chain, chainrings, cassette, derailleurs, etc. with a biodegradable cleaner. Simple Green works great for this. Use an old tooth brush and clean everything. Clean the pedals, the brakes, tires, rims, and the frame. Remove the seatpost from the frame and wipe off any dirt. Wipe the inside of the frame where the seatpost slides into. Apply a very small amount of good grease to the post and reinstall.

Read more:

http://www.prtricoach.com/Spring_Bike_Checkup.pdf

Nutrition

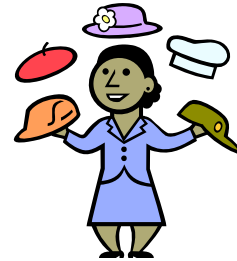


This can be the year for you to start a garden. If Lee can do it anyone can!

Below you will find some tips on getting started:

http://www.hgtv.com/hgtv/gl_gardening_basics/

Training and Racing



How is Swimming like Juggling?

Have you ever learned to juggle? First, you practice with one ball. Using one ball, you learn things such as how to throw the ball, where to throw the ball, and the timing of the throw. Next, you learn the same things with two balls and if you have not lost your mind, a third ball is added. You might have thought, "Well, you just get three balls and figure it out".

Very few people will ever "just figure out" how to juggle on their own. Learning in general is usually a building process.

Swimming is the same – you have to learn small pieces of the total motion and in order to put the entire piece together. You have to learn to kick, rotate your shoulders, pull, recover proper hand entry, glide, breathing, etc.

Read more:

http://www.prtricoach.com/Library_How_is_swimming_like_juggling.pdf



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Below is a link to just one of many great races to come soon:

Paper Discovery Duathlon



Sunday, May 4, 2008

<http://www.midwestsportsevents.com/events.php?EventID=6>

Cellcom Green Bay Marathon



Sunday, May 18th

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

Triathlon, Run & Swim Clinics

Coach Lee to be Featured Speaker at the Holy Family Memorial Triathlon Clinic in Manitowoc WI.

April 23rd 6:30-9:00

<http://www.mapquest.com/maps/map.adp?address=1650%20S%2041st%20St&city=Manitowoc&state=WI&zipcode=54220%2d7316&country=US&title=%3cb%20class%3d%22fn%>

Oshkosh Half Marathon & 5K Run/Walk Friday, April 11, 2008

Coach Lee was honored to speak at the pre race dinner for the Oshkosh ½ Marathon. The talk was well attended, and we talked about the fact that preparing for a half and full marathon is more than just doing long runs. We talked about the need for speed work, tempo runs and easy runs in addition to your long runs.

<http://www.midwestsportsevents.com/events.php?EventID=16>

Do you know how to fix a flat on your bike?

Spend a couple of hours learning and you will have a new skill for the rest of your life!



Please check out the link below:

http://www.prtricoach.com/Library_tri_tips_tire_change.pdf

