



July 11th, 2008

Racing



MidWest Sports Events Put on Another Super Race at High Cliff on June the 22nd

We were lucky to have great weather.

I thought you might enjoy this picture of Lake Winnebago and the transition for the triathlon.

It is the second largest natural freshwater lake in any state in the United States behind Lake Okeechobee (Florida).



Amy...Smile or Grimace?

Training



Two Rivers Track Workouts

The Two Rivers Wednesday night track workouts are now in full swing. Come join us, Wednesday 6pm at the Two Rivers High School Track.

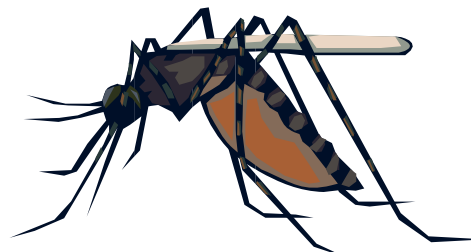
For our out of town friends, Wednesday's workout was:

3 x 1600 meter

Next week's workout will be:

4x200 meters, 6x400 meters, 2x800 meters

Sound like fun?



Help! They are Back

This looks like a good year for mosquitoes in NE Wisconsin. Below is a link to a few tips on how to avoid getting carried away by the beasts:

http://www.ehow.com/how_79_avoid-mosquito-bites.html



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Nutrition



Victory Gardens makes a comeback

We all win when we plant our own garden, and it takes very little space. Some of the benefits are:

- We have fresh vegetables.
- We get food that requires no transportation.
- We control the amount of chemicals that enter the environment and our bodies.
- We get good exercise chasing the bunnies out of the garden.

Below is an interesting article on Victory Gardens:

<http://www.revivevictorygarden.org/>

Coach Lee's Tips



Walk, walk, and walk

Okay, we cannot get much simpler than that, but I promise you that walking is great for your fitness.

A few years ago Brenda developed an overuse injury from running. We had been pushing our training pretty hard so I took the chance to call it a season and take a break. Well, we continued to walk for an hour or more everyday for three months. At the end of the three months, I decided to enter a 40k trail running race. This is not a great idea, but what the heck. Well, I ran within 4 minutes of my time from the previous year.

So in the interest of maintaining fitness, look for opportunities to walk.

News from Two Rivers



Tony Free, founder of Griffen Bicycles and a good friend of ours, was injured recently in a motorcycling accident.

Tony has many injuries, but is now starting the road to recovery.

You can check on his condition and send him words of encouragement at the link below:

<http://www.websitetoolbox.com/tool/post/foxtriclub/vpost?id=2778774>

Get better soon Tony!