



June 19th, 2008

## Racing



### Crazy times at the Triathlon World Championships!

World Triathlon Championships, Vancouver BC  
2008

Brenda's swim wave was the next to the last to "get" to swim. Shortly after Brenda's wave they changed the race to a Duathlon.

Brenda seemed to enjoy the swim even though the waves were so big that she looked DOWN onto the big yellow buoy markers a few times. Although the water temp was reported to me 49 degrees, the strong winds and waves were the reason for cancelling the swim.

Please check out the link below for a complete race report from the ITU

<http://www.triathlon.org/worldchamps.php>



### Making a Fast Transition

With that, the Triathlon season is now in full swing. We work hard to become faster swimmers, bikers and runners, so why give back time in transition.

Follow the link below to the article titled "Making a Fast Transition" for tips that can speed up your transitions.

### [Making a Fast Transition](#)



### New Must-Do Race for 2008!!!!

Friday, July 04, 2008, 08:00 AM  
Kaukauna, WI

The first annual FOX FIRECRACKER 5K Run/Walk held in Kaukauna is a family friendly event beginning at 8:00am in Central Park by the library. There will be a Fourth of July celebration complete with music, apple pie, and patriotic fun after the race. Come and support the TRIFOXES and celebrate with us.

[Fox Firecracker 5K](#)

## Training



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### 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

Last weeks workout was:

4x200, 2x400, 2x800, 2x400, 4x200

Next weeks workout will be:

1x1600, 1x1200, 2x800, 2x400

Sound like fun?

## Nutrition

What you eat and drink often spells success or failure in racing. This holds especially true for races lasting 2 hours and longer. Eating and drinking too much will hurt your performance just as much as eating and drinking too little.

Checkout a short article from Steve Born about proper race fueling.

### [Race Fueling](#)



## Coach Lee's Tips

### Ice Baths

Okay, I know I just lost 90% of you, but I feel compelled to keep talking.

This sounds a little extreme, but "ice baths" are a great recovery tool. The problem is that they are not much fun for the first 10 minutes or so.

Mountain streams, big lakes (Lake Michigan), a bath tub and a bag of ice, just find some cold water and you will reap the benefits.

I find that 40-55 degrees is a great water temperature.

Nothing beats a cold soak after a long run.....that is except warming up once you are finished:')

### Making Friends in Vancouver

