

# PR Tri Coach News

October 8, 2007



## Training Tips



When was the last time you jumped rope? We stopped that in grade school, right? Well maybe we should give it another try. The benefits are endless – stamina, core strength, a firmer behind, just to name a few! Check out the link below to get started...again.  
<http://new-fitness.com/jump.html>

## Swim Clinics

Lee is coaching an ongoing swim clinic series at the Manitowoc-Two Rivers YMCA on September 10. The classes are every Monday and Wednesday at noon and will run for 10 weeks. The cost for members is \$28 for the whole series

## Healthy Recipes

Checkout this recipe for granola:  
[http://www.cditchen.com/recipes/recs/146/Homemade\\_Granola38838.shtml](http://www.cditchen.com/recipes/recs/146/Homemade_Granola38838.shtml)

You can cut the sugar in half (or cut it entirely) and it still tastes great. Making it yourself is a great way to control the amount of sugar and fat you have in your granola. Boxed cereal is expensive and usually over processed. So make your own tasty treat with “old fashioned” style oats.



## Races

Check this race out – The Hill Country Trail & River Challenge in Union Center, WI...You might want to try next year!

September the 22<sup>nd</sup> was the Fourth Annual Hill Country Trail & River Challenge (an off-road triathlon!). Check out the link below to get all the details. It was a great day for the Simril duo as they managed to both take overall honors (even though Brenda had to make a comeback after getting up by the competition in the paddle leg).



[http://www.hillcountrywi.com/baraboo\\_river.htm](http://www.hillcountrywi.com/baraboo_river.htm)

An off-road race is a great way to welcome the fall season. If you get tired of looking at the bottom of a pool, grab your kayak (or a buddy's) and tackle a triathlon with a river paddle.



Sunday September the 23<sup>rd</sup> we had the chance to participate in The Community First Fox Marathon as the “Nuclear 5” marathon relay. The Community First Marathon offers a ½ marathon, full marathon (also with a non-competitive field leaving one hour earlier than the competitive field), and a 5 person marathon relay.

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## Weight Training

We all know that weight training is what we're "supposed" to do in the off-season. But, sometimes it can seem like a real drag and is hard to motivate for. Well...you're not alone. Fortunately, there are lots of great tools out there to help out. Use the link below for a great way to get you going and keep you on track for the first big race of '08!

[http://www.trinewbies.com/WeightTraining/weight\\_welcome.asp](http://www.trinewbies.com/WeightTraining/weight_welcome.asp)

## Safety Thoughts

Now that the days are getting shorter it is time to put your lights back on your bike. Here are some bicycle safety tips:

<http://bicyclesafe.com/>



Above: Three of the "Nuclear Five" enjoying the post-race festivities at the Fox Cities Marathon. Pictured are Joe Janssen (team captain), Brenda and Lee. PR Tri Coach athlete, Pete, was out on the course cheering a friend in and Andy was on his way to work (ugh!).

## Green Bay Duathlon

Sunday, September 30<sup>th</sup>, was the 8<sup>th</sup> event in the Midwest Sports Events 5 Star Series. The turnout was great and it was a special treat to start and finish the race at historic Lambeau Field, especially since it was the 50<sup>th</sup> anniversary of the stadium. We were treated to spectacular weather and another great race put on by Gloria and Dawn. One tip, though...don't pull a trick like Brenda did and do the entire 32 mile bike leg with your front brake rubbing – a surefire way NOT to get a PR!!

The last race of the series is the Osceola Duathlon over in Minnesota. Check out [www.midwestsportsevents.com](http://www.midwestsportsevents.com) for all the details.

HAVE A SAFE AND HAPPY FALL!