



May 12, 2008

## Racing



Part of the Simril Clan Participated in Either the Marathon or Marathon Relay on May 3<sup>rd</sup> 2008

We were lucky enough to meet Charlie Engle at the race. Charlie is a super guy and an amazing athlete. His next big adventure is to run across the USA in record time. We are all invited to join Charlie at different points across the country.

Please checkout Charlie's link below.

<http://www.charlieengle.com/index.html>



Above: Stan, Brenda and Lee Simril with Charlie Engle (second from left) at the marathon finish line.

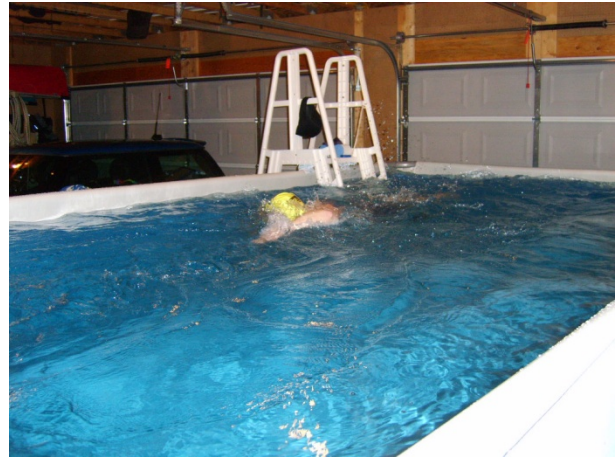
## New Must-Do Race for 2008!!!!

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



## Fox Firecracker 5K

## Training



### PRTriCoach Takes Swim Instruction to the Next Level with an Endless Pool

The PRTriCoach pool has an underwater camera on the bottom of the pool for the absolute best viewing angles.

Video stroke analysis is a must for the serious triathlete. We are all pushed for time - Get the most out of your swim training with proper awareness of what YOU are doing in the water.

Triathletes often get stuck in a rut with their swimming, doing the same 30 minute workout 2-3 days a week. That type of training is a guaranteed way to swim the same speed year after year.

However, one video analysis session can help you create an awareness of body position and stroke mechanics so that you can "coach" yourself to faster swim splits.

Click below to schedule an appointment in the Endless Pool:

<http://www.prtricoach.com/Prices.html>



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Below is a link to an interesting interview with Magdalena Lewy-Boulet who is one of three women that will represent the USA in Beijing.

<http://bostontrials2008.com/index.cfm?pid=10247&cdid=10950>

## Nutrition

**Many endurance athletes love cereal. I am no different. Here is a cheap and easy way to make your own cereal.**

8c. Old Fashioned Oatmeal

1/2c. Oil

1/2 c. Honey

1c. Coconut

2c. Wheat germ, Toasted

2c. Raisins

1c. Dates, chopped

Place oatmeal in a 9x13 inch pan which has been sprayed. Heat at 350 degrees for 10 minutes. Stir in mixture of oil, honey, coconut and almonds. Bake 45 minutes at 350 degrees. Stir every 10 minutes until brown. Cool and add raisins, dates and wheat germ. Keep in sealed bowl in refrigerator.

## Coach Lee's Tips

- Take the stairs – not the elevator or escalator.
- Walk, walk, and walk! Get in motion – always look for opportunities to walk.

Click below for Brian McWilliams race day check list. Print it, laminated it, and hang it on your transition bag. That way you will never forget your biking shoes again :')

[http://www.prtricoach.com/Triathlon\\_Checklist.pdf](http://www.prtricoach.com/Triathlon_Checklist.pdf)



Have you ever wondered if your run was 5 or 6 miles? Below you will find a link to a free mapping service. Map My Run will calculate the distance of your favorite runs, bike routes, etc..

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

# What is that?

