

PR Tri Coach News

November 14, 2007, 2007



Training / Racing



Start planning now for the Badger State games. There are events for everyone!

<http://www.badgerstategames.org/winter-games>

Thanksgiving



Have fun and enjoy your eats for Thanksgiving, but lets try not to be part of the problem for Disneyworld (see link below)...

http://www.slowlitch.com/Lifestyle/It_is_not_a_small_world_after_all_110.html

Tips for avoiding the holiday bulge:

- Slow down - eating fast means eating more food
- Choose whole grain breads
- Eat lots of green and colorful vegetables
- Drink lots of water
- Eat the turkey meat, but not the skin
- Enjoy a low fat dessert

Swimming / Water Polo

Lee will continue to hold the 12:00- 1:00 adult lap swim classes into the winter session at the Manitowoc YMCA. In addition, the YMCA is holding a Friday night water polo league that is great for all levels. Beginners, don't be intimidated...you get to use inner tubes!

Contact the YMCA for details (920.682.0341).

On a Personal Note

Congratulations to PRTriCoach [Brenda Simril](#) on being the **overall champion** of the **5 Star Series Championship** (www.midwestsportsevents.com). This was a great series of nine races put on by Midwest Sports Events in spectacular venues all over Wisconsin and eastern Minnesota. Next year's calendar looks to be as competitive and action-packed as ever!

New Addition to the Team

[PRTriCoach](#) would like to welcome Brian McWilliams into our coaching team. Brian will be a huge asset due to both his professional and athletic backgrounds. Here is a bit of information about Brian:

Brian J.P. McWilliams MS, LAT, CSCS
Licensed Athletic Trainer
Certified Strength and Conditioning Specialist
Level 1 Certified USAT Coach

- Grew up in a small town of Cuba City, WI
- Went to University of Wisconsin and graduated in spring of 1996 with a BS in Kinesiology, Physical Education and Athletic Training (first introduced to the sport of Triathlon through a class - completed first triathlon during this time)
- Received MS from Oklahoma State University in Sports Administration in 1998
- Started back with multi-sport events in 2003
- First Ironman in 2006 at Ironman Wisconsin
- Worked with performance enhancement with athletes of all sports since 1998
- Teaching philosophy is to educate athlete on all aspects of the sport, listen to their individual needs, and create a great program that will enhance their performances
- Personal: Married to Jodi; Children Ethan (8) and Mikayla (4)

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Water in Short Supply



Some parts of the US are in the middle of an extreme drought. The Southeast, Southwest and to a lesser extent parts of the Midwest are experiencing a drought. Below you will find tips that can help us all do our part.

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

Hunting Season!!!



Yes...it's that time of year again! So, if you're heading out into the woods to run or bike, remember your blaze orange and try your best not to look like a deer. (Editor's Note: Okay, I swear this is the year I actually wear something orange in the woods!)

On a Final Note...

In passing I leave you with this bit of news:
(**Warning:** do not click on this link if you lack a sense of humor)

<http://www.nypost.com/seven/10312007/gossip/pagesix/pagesix.htm>