

**From:** "Find A Fox" <findafox@new.rr.com>  
**Subject:** Find A Fox Newsletter May 24, 2009--Things That Are Gross!  
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Along with the feeling of accomplishment that comes from becoming a triathlete, there are some occasional...surprises. With tongue planted in cheek, this holiday edition of the Find A Fox newsletter is dedicated to those "ewww" moments that nonetheless somehow reinforce our pride in our accomplishments.

**Dead bugs:** You may find that after a sweaty summer evening ride, you're plastered with little bits of dirt. At least you thought it was bits of dirt until you read this newsletter. Just like a windshield on the highway, you're plastered with...dead bugs! Yes, **you** were going that fast!

**Algae:** After a swim in the lake, particularly if it's Lake Winnebago, you may not notice anything amiss until you get home and start to change. Girls, be prepared, there's gonna be green stuff in your sports bra. Trust me, it won't kill you. Guys, I'm told it shows up in your swim suit too. For me, I just enjoy the momentary sense of pride that I was swimming in the lake before most people were even awake, and jump in the shower before I have time to think about it much more! (Take note, however, that other lakes, including Elkhart Lake, are much cleaner. Swim there and you might miss out on this "organic" experience. Also, your algae take-home volume will be decreased if you are wearing a wetsuit because less water flows past your body.)

**Sweat:** Sweat is great and makes you feel all studly, until it runs into your eyes, carrying your sunscreen with it. This is an issue I touched on in a previous newsletter, but experiment to find a sunscreen that won't run on you. Kinesys spray works for me, and others like alcohol-based sprays like Coppertone Sport. The other "gross thing" you may notice about sweat is a powdery residue on yourself after you cool down from a hard workout. This is salt, and it should serve as a reminder to rehydrate AND replenish electrolytes. (A sports drink, or just a little salty snack and a glass of water, will do the trick.)

**Upset tummy:** If you sometimes find you REALLY have to go when you're out running, you're not alone. I recently read an article about a great Olympic marathoner dealing with this issue. If it happens, find yourself a port-a-potty, a gas station, or a sympathetic homeowner. I've done all three. And then, pay attention so you learn what foods your stomach will and won't tolerate before a long run, how long you need to wait until running, and what your system will tolerate during a run in terms of fuel. For example, some folks have GI distress with full-strength Gatorade but can handle it mixed half-strength. The reason the pre-race pasta dinner is so popular has little to do with carb loading (it's actually what you eat TWO nights before that matters more). It's that pasta is generally pretty easy on the system.

**Boogers:** Ah, yes. Ever find yourself with a runny nose in the middle of a bike ride? There are a couple of solutions. On the low end of the gross scale, some folks carry tissues or a hanky in their jersey pocket. Next option: what do you think that fuzzy patch on your bike gloves is for? Finally, just go for it...snork on the road. (Everyone should have a little brother to teach them this! But if you don't, the best tips are...turn your head so the "goo" flies with the wind, make sure you're last in the paceline, and for heaven's sake, don't be wimpy about it. Cover one nostril and go for it. Half-hearted gentle huffing will just get you a sleeve full of snot!) And then remember...if you weren't out here pushing yourself, you'd never need to learn this valuable skill!

## Learn the Lingo

Two weeks ago I was at the first Newbie bike ride of the season. It reminded me of all the group ride words that might be unfamiliar:

- Up: Combined with another word, this warns of hazards ahead in the road. For example, “car up!” warns of an oncoming car; “gravel up” warns of a patch of gravel on the road, “runner up” warns of a pedestrian, and so on.
- Back: Warns of hazards approaching from behind. Almost always this is “car back,” meaning a car is coming from behind and riders should stay close to the side of the road.
- Drop: This is what happens when a rider is not fast enough to stay with the group and they leave him or her behind. We say the slower rider has been “dropped.” TriFox rides are “no drop,” meaning that you’ll never be left alone dead last—either someone will ride with you, or you’ll be able to join up with another group approaching from behind. Even in no drop rides, each rider has the responsibility to know if the typical pace of the group is within his or her abilities. The new group ride compendium on the forum is meant to offer a guideline – visit <http://foxtriclub.websitetoolbox.com/post?id=3469741>.
- Draft: Drafting means riding closely behind another rider. Because the front rider leaves a low pressure zone behind him or herself, the second rider has an easier time and may use up to 30% less energy to maintain a given speed. While drafting is not permitted in triathlon races, drafting is useful in group rides both to help slower riders stay with the group, and to let faster riders alternate turns resting (in a relative sense) and working to break the wind. Sometimes we say the person out front is “pulling.”

## Fox and Kit Chat

- Ask for your Fox’s funniest “ewww” moment.
- Does your Fox participate in group rides, or prefer solo training? What does s/he see as the advantages and disadvantages of each?