

## Tour de France Junkie...

OLN (Outdoor Life Network Channel 56 here in Colorado Springs) has to be next best thing to microwave popcorn!

Every morning from July 3<sup>rd</sup> to July 24<sup>th</sup> I will be glued to the TV coverage of the Tour de France following every move made by Lance Armstrong and his US Postal Service Team.

During the OLN coverage yesterday morning Katie, my 5 year old, announced that she was going to ride in the Tour de France when she gets older.

I have to tell you she had the look of utter dismay on her face when I told her that the Tour was for men only. She just walked away, however I could tell that this was hard for her to comprehend. *"What do you mean girls can't do something?"*



**Future Tour de France Competitor – Katie Rainsberger on her new wheels.**

## Tour de Summit

Last Saturday 21 runners from Team TrainingGoals drove up to the Pikes Peak Summit (elevation 14,000+) for 2 hour run down and back up Barr Trail.

I have to confess that this was the first time I have been on top of the old girl and it was magnificent. The views, the seemingly lifeless terrain above tree line and the lack of oxygen made for a very interesting morning.

As I ran down and back up the trail I tried to figure out how to run and walk the trail most efficiently. It took me awhile, however, I finally settled on a run the straights and walk the switchbacks combination. This allowed me to regulate my HR more evenly. When I tried to run or scramble the switchbacks I was unable to keep my HR below Threshold and I knew I would eventually bonk out.

The point of sharing this with all of you is that with any type of running route you must look at it in terms of "how do I run this the most efficiently"?

When I build your training schedules you will notice that often times you will repeat the same intensity workout three weeks in a row. The

purpose is for you to "learn" how to run that particular workout.

So, as you run an intensity workout learn from it, take mental notes on how you can perfect the workout so that the next time you run that workout you will improve.



## Future Races and Events

July 10<sup>th</sup> Monument Triathlon

July 11<sup>th</sup> Summer Round Up, Colorado Springs

July 18<sup>th</sup> Barr Trail Run, Colorado Springs

July 25<sup>th</sup> Pacific Coast Triathlon

July 31<sup>st</sup> The Classic 10k, Colorado Springs

August 14<sup>th</sup> Fischer DeBerry 5k, Colorado Springs

August 21<sup>st</sup> Pikes Peak Ascent

August 22<sup>nd</sup> Pikes Peak Marathon

August 26-29 Hood To Coast Relay, Portland, Oregon

## Pictures:



**Shannon Meredith and  
Ginger Jeffrey at  
Steamboat ½ Marathon**



**Shannon Meredith**



**Bud Rainsberger**



**Bud Rainsberger and Dan  
& Debra Inman at  
Steamboat ½ Marathon**



**Angel Newsom**



**Coach Lisa**



**Katie Rainsberger at  
Steamboat Kids race.**



**Ginger Jeffrey**

**Have a great month of  
training!**

**Lisa**