

Spring Racing Season

Yes! Spring has finally arrived. Along with blooming tulips comes the urgency to begin racing. I sent out an email a few weeks ago with the race results of those who raced over the weekend and based on the results, the season is off to a great start! I would like to continue to post race results to my email newsletters, however, if you race and would like your results not to be posted please let me know. I will do my best to locate race results from individual race websites; however, if you could send me an email with your personal results this would be helpful. Not all races are timely at posting results so if I fail to list your results it might be because the race itself has not posted them.

In addition to keeping you all more informed about upcoming races and race results, this year my business goal is to offer more coaching services and group training opportunities. Currently, I offer a Wednesday noon and or 5:30 pm Intensity Group Run, a Saturday 7:00 am group Endurance Run. In addition to these two group meetings I have added a Monday morning Incline workout at 5:30 am and a Sunday am Group bike ride. Also, I will travel to races where several TrainingGoals athletes are competing. For example, I will be

at most of the local races, the Steamboat Marathon, the Chicago Marathon and Ironman Florida. I have also assembled and will Captain two team relays this year – The Hood to Coast Relay and the Wild West Relay. I am always looking for fresh new ideas for the group so if you have any suggestions please let me know.



Haven Barnes 3rd place Pro Honolulu Triathlon. For more photos and a complete story about Haven's race go to: www.HavenBarnes.com

For TrainingGoals.com remote athletes, I will travel to your training locations for a period of time to analyze your training, get a view and feel for your training

venues and to conduct Field Tests – my travel expenses will be negotiated based on the time and travel required.

Finally, this year I am back in the Race Director's business. Along with my partner, Sonya Norris, I have launched The Prospect Lake Triathlon, June 25th. For those of you who have seriously considered a triathlon but have been afraid of the water or the bike or the combination off all the elements of a triathlon, now is the time to talk to me about this event.

For more information on this event you can go to www.ProspectLakeTriathlon.com.

Speaking of triathlons... congratulations to several triathletes that I coach, Haven Barnes, Brandon Rakita both finished in the top 10 places overall in the Pro-division of the Honolulu Triathlon. This was a pro field that was contested with athletes from all over the world. Their performance was an indication of a great Spring and Summer racing season to come. I will completely embarrass Branden and include his race commentary within this newsletter. I found his comments very informative, insightful and I know all of you will appreciate the inner thoughts of a Professional Triathlete. (Sorry Branden...I could not resist!) Haven Barnes has his race commentary up on his

website www.HavenBarnes.com and it is equally as thrilling – although minus the swear words!



Holly Johnson and Buzz Borries at the Ordinary Mortals Triathlon this past Sunday.

Both Holly and Buzz shaved several minutes off last year's time! (Holly took 10 min. off her race time and according to many Buzz not only shaved off 10 min. from his time but 10 inches from his is waist!)

June: Training Locations

June 3 rd :	CRC 7:00 am
June 10 th :	Red Rocks Open Space 7:00 am
June 17 th :	Sailin' Shoes 5k/10k
June 18 th	Bike Time Trial Ellicott HS 9:00am
June 24 th	CRC 7:00 am
June 25 th	Prospect Lake Triathlon 7:30
Monday's	Incline 5:30 am
Wednesday	Noon and 5:30 Monument Valley Trail

Additional TrainingGoals.com race results include the Garden of the Gods 5 Miler on May 6th. We had a good turnout and good representation at the awards ceremony!

Traci Winterbottom: 1st age group
Bud Rainsberger: 1st age group
Ginger Jeffrey: 3rd age group
Diane Cridennda: 3rd age group
(For full results go to www.csgrandprix.com)

This just in...Gary Beck won his age division 45-49 at the Green Bay Marathon with a near PR time of 2:48:40. Gary will also be on our Hood to Coast Relay this year and I am thrilled to assign him the hardest and longest legs! Also, this just in...Bernie Schneider has come on board to join the Hood to Coast Relay team as well. With these two guys on the team we should do very well.

Race Commentary: By Branden Rakita

Well another race down, this time with some vacation built in so it has been a nice relaxed week. This time I was fortunate enough that the race was out in Honolulu so it was quite a bit different from my usual training weather. Especially when on Wednesday before I left I woke up to 2 inches of snow before swim practice.



I did have an injury appear on Monday before the race though because of racing Wildflower the previous weekend. I strained some soft tissue in my foot which is an over use injury. I tried to run Monday when it popped up but it was incredibly painful and so I didn't run the rest of the week up to the race trying to rest it and get it better. It definitely helped my foot and as of now it appears to be gone and I am healthy again. Thankfully travel was uneventful for me, my roommate Haven forgot his ID though but apparently you can fly without it you just have to go through secondary screening in security. We flew out on Thursday, which was a little early, but it was nice having some extra time. During a training ride on Friday though I did have one problem, one of the bolts on my stem on my bike stripped and rendered my bike almost unrideable because I lost some steering control. Thankfully I was able to find a bike shop with the stem I needed and was able to replace it. So one disaster averted, I was thankful that happened in training and not during the race. Everything else went smoothly and the race was set to go.

It was a very early start time for us, but it was nice because it would get us out of the heat, which is something I, haven't dealt with very well in the past. We were supposed to go off at 5:45 but we ended up going off at 6, which causes problems because you warm up trying to get set for a certain time but then they ended up having us stand around getting cold again. So we were set and off we went at 6. Because of my result in Honduras I had a great

seeding because of the points I earned and was number 5 so I was able to get a good spot on the start line right next to the faster swimmers. When the gun went off I am not quite sure what happened but I got knocked around a bit and nearly fell, (in the link to the pictures I am in the blue suit almost with my head to the ground) I just recovered and followed everyone in. My start was horrid but I ended up



Branden Rakita on the Run in Honolulu

swimming in to in the right place and saw the gap open to the front pack and made the jump up to them. The swim to the only turn buoy was fast and hard but after the turn everything fell into place and on the way back in it really felt easy so I was smart and conserved energy and sat a couple people back from the front. So it was a great swim, I came out of the water in the front pack, a first and was set up for a great race. We transitioned quickly onto the bike and headed out. In past races the race went up and around Diamondhead Mt and made it a difficult course with a steep hill in it and they did laps so you really had to ride strong to stay up. Unfortunately they changed the course and was flat with two small rollers due to overpasses but you don't even feel them. We had a group of about 12 people out of the water and I was hoping

everyone would work together and we wouldn't see anyone else in the race again. Unfortunately that wasn't to be there were a bunch of slack-ass wheel suckers that didn't do a damn thing the whole ride, they just sat at the back and that was it. I made quite a few attacks trying to get away with a small group of 3-4 other people but the rest of the group would respond and catch us but then go back to doing nothing. I tried some solo attacks as well but they responded to those as well and was never able to get away. Because of the disorganization of the group as well we weren't moving very fast in with a couple miles to go a group of 4 caught back up that was a minute behind out of the water. Good for them for working together and bridging the gap but I was worried that would hurt my placing by 2-3 places. We headed into transition and all took off as a group, this is where I knew I would feel a little flat and slow because of the half Ironman I raced the previous weekend. Sure enough I didn't have the legs to go with the guys that I thought I should be able to run with. I held a consistent pace through the run and held off everyone behind me even a late charge in the last kilometer from a guy I had passed earlier but didn't have enough to run with guy in front of me. I crossed the line in 10th and was very happy with my race. I was pretty strong throughout swam with the front pack, rode well probably shouldn't have attacked so much and my run was solid so a nice turn around after going the previous week. My roommate and teammate Haven really rocked and placed 3rd in the race, he came in fresh and has been running awesome all season so it was nice

to see him place so well and also be one of the guys that was taking pulls on the bike and not sitting in like the guy who placed first. Second place was also a friend and he raced well taking a couple of pulls at the front and tried to get away in a break with me so I was happy for him as well. My family also came out and my dad raced as well, he is happy with his race and placed 3rd in his age group. With the successful races over with it was time to kick back and relax. Because the whole family was out there we rented a house in Kailua and stayed there for the week. It was fun and the mental break from everything was great, I was still training of course and got in a lot of very good open water swimming and cycling. My foot even felt good enough to go for an easy run at the end of the week. So life was good but it has come to an end and so I head back to the real world for 4 days then I am out again, this time for Ixtapa, Mexico for a race on the 27th and then I am flying to southern California for a few days before heading up to San Francisco for the great Escape from Alcatraz race on June 4th.

There is also a little note about some help I have been receiving this past year. First off the biggest help has been of course from my parents their love and support in all forms has been the biggest thing for me and helped me get going through this year. This is backed up by the support from all of you and I really thank you for it. This year a few companies have helped me out as well in different forms. Steamworks Brewery in Durango has been a big support this year not only for me but they have for years been sponsors of races both in Durango and in Boulder as

well. So for those in Durango or if you are passing through I definitely recommend dropping by Steamworks for a meal they have great food and the best beer. Boure Cycling Sportswear has also helped me out with cycling clothing this year and it is truly the most comfortable cycling gear I have ever worn. Zeal Optics is also with me again this year, they started sponsoring me last year at Wildflower and I am grateful, it was only my second pro race but they are a company that is willing to take a chance and I am hoping that I am making good on their decision. So next time you are in the market for some sunglasses, check them out, better than those other companies in quality and more reasonable prices as well. A local bike shop in Colorado Springs is also helping out this year, Pro Cycling. They have really stepped up in helping out Haven and I out but also have been getting more active in the triathlon community working with my coach Lisa Rainsberger as well and the race she is putting on. They definitely have the most knowledgeable staff with the best mechanics in the springs. They also carry some of the best bike brands for both road and triathlon cycling. Bruce McGrew and Mark Norris are the best guys to work with and really know how to run a great shop. They have been working with Eric Smart at Felt Bicycles who I met at Wildflower and it looks like I will finally be getting a new rig that would be a respectable ride for a professional triathlete. Eric has been great and really wants to have me on a Felt and I have admired their bikes for years and it looks like I maybe riding one soon, I will send out a picture of it when I do.

The link below is to the race pics for Honolulu

http://www.brightroom.com/view_user_event.asp?EVENTID=11470&PWD=&BIB=5

This link is for the race pics at Wildflower

http://www.asiorders.com/view_user_event.asp?EVENTID=12207&BIB=63

Branden

Great Commentary! I look forward to the next race review from Branden and Haven, congratulations to you both.

I will be traveling out of town May 23rd-31st and unable to read emails or answer phone calls. This is a true vacation for our family. If you need to reach me please call my home phone and leave a message and I will get back with you as soon as I can.

**Thanks, Lisa
#719-579-0773**



#485 Bud Rainsberger nearing the finish line of the Garden 5 Miler.
