

Winter is here!

This past week Colorado Springs went from having an Indian summer to full fledged winter. Even our outdoor sprinkling system froze!

For those of you living in a cooler climate it is time to stow away your running shorts, sleeveless tank tops, and your wet suits and dig out your winter training gear.

When you go to store your wetsuit make sure that you have rinsed it out with cool water and let dry. Often times after finishing a triathlon the last thing you want to do is to tend to your gear, however, leaving salt water or lake toxins on your wetsuit all winter could harm your wetsuit. The average wetsuit will cost you \$300 or more so you want to be sure you have it rinsed and dry. Then sprinkle cornstarch on the inside of your wetsuit fold it up and store it. Do not hang your wetsuit for extended periods of time. This will stress the stitching and glue.

Also, when not wearing your running shoes keep them stored *inside* during cool weather so that the mid-soles do not become stiff. Stiff mid-soles could cause plantar fascia problems.



AC Bruce on his way to a 3rd place age group finish in his first 1/2 Ironman.

Triathlon Camp

No, this is not a triathlon Newsletter and I don't want you to think that I have forgotten about my runners. However, there has been a strong interest from many of you to try your first triathlon or to attempt your first Ironman. Keeping your interest in mind I would like to offer an exclusive Triathlon Camp this summer here in Colorado at The Cheyenne Mountain Resort. The dates for the TrainingGoals.com Triathlon Camp are tentatively scheduled for June 15th - 19th. This camp will be open to anyone; however, TrainingGoals.com members will have first priority. The camp will be limited to 12 athletes and it will focus on the fundamentals of training, transition technique, swimming stroke analysis and it will offer a look at a

detailed training program. What this camp is not is an *over training* week intended to tear you down. Also, the camp will offer guest coaching by Olympic Triathlon Bronze Medalist, Susan Williams. The cost will be based on whether you are staying at the Resort or a day commuter. My goal is to offer you an all-inclusive camp at the best possible value. If you are interested please let me know ASAP. Again this is a first come first serve camp. A *refundable* \$100 deposit will be required once I get the application form developed.



Kelly Henry looking very calm before the start of IRONMAN Kona, Hawaii.

What are your 2005 Training Goals?

It is hard to believe that 2005 will be here in less than 8 weeks! If you are uncertain about what your training and racing goals will be for 2005

now is the time to schedule time with me so that we can work together in building a training and racing schedule that works for you. Last year I took on a new client that had already entered and paid for 2 marathons, 2 ½ Ironman's and 2 full Ironman races! Needless to say she spent a lot of wasted money in entry fees because as her coach I would not allow her to do all those races. Let me help you with your racing goals.

November Group Training locations

November 6th: Gold Camp Road. 8:00 am

November 13th: Santa Fe Trail beginning at the N. Entrance of the Air Force Academy. 8:00 am

November 20th: Colorado Running Co. 8:00 am

November 25th: Turkey Trot 5k at the Briargate YMCA

November 27th: Colorado Running Co. 8:00 am

Keep in mind that the Wednesday noon group will be running repeat hills from Beidleman Trail and the 5:00 pm group will run from the downtown Monument Valley Trail location.

If you have any questions as to the locations please give me a call.

Fun Pictures



Lisa and AFA Football Coach, Fisher DeBerry at his 5k earlier this summer.



Bert Burns competed in the Paralympics Marathon and prior to his visit to the White House he shaved a "W" on his head. Well, our Commander and Chief thought that this was worth a kiss!



Swim start of IM Hawaii



Katie and Ian Rainsberger showing off their participant ribbons after a fun run.



The Great Johnny Kelly

Running Legend Johnny Kelly passed away last month. Sixty-one times he laced up his running shoes for the 26.2-mile Boston Marathon - the last time in 1992 at the age of 84.

He died in his sleep at the age of 97. I will miss seeing him at the Champions Breakfast in April however, I am sure his spirit will be with us all.

Have a great month of training.

Coach Lisa