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## WANT A FASTER BIKE SPLIT? PART II

Back by popular demand, here are some additional tips (see March issue for initial tips):

### Hill Repeats

Pick a good one- steep grade and fairly long. Try and work yourself up to 6-7 for nice fitness gains. Also, try to stay on your seat as long as possible since it's more efficient in the long run.

### Do a few 2+ hour training rides

Even if you're racing Sprint Tris. You'll build stamina, strength and mental toughness. Take plenty of liquids and some nutritional tidbits too. Expect to have a sore neck, wrists and back when you're done, body parts that don't usually hurt on shorter rides. Raise the mileage/duration for longer distance training, e.g. do 3-hr. rides for Olympic distance training.

### Group Rides

Group rides increase your bike ability since they're usually led by cyclists (vs. triathletes). Good bike and/or Tri shops organize them. And, most have them segmented by Av. Speed, e.g. a 16-18 mph group, 19-22 group, etc. You'll increase your technical skills, get pushed and enjoy the benefits of working out with other athletes rather than by yourself.

### Short but Sweet tips - no silver bullets:

- **Stand up** periodically, even if you're not climbing a hill. It stretches out key muscles, gives your back a break and interrupts monotony.
- **Overcoming fatigue/boredom** - pick out spots on the horizon - telephone pole, signs, etc. and do pick-ups until you get there. You'll be amazed at your success even though you're tired.
- **High RPMs** - doing high RPMs but you're bouncing - shift to a harder gear; conversely if you are pulling on your handle bars too much, shift to an easier gear.
- **Aero Position** - remind yourself to relax your shoulders when in the aero position. It's easy to tense up which is less efficient.
- **Bowlegged** - look down quickly when riding and see where your legs are relative to your chest. If your knees are bowing out, you're losing lots of power and speed. Practice and focus will help overcome it.
- **Trout season** even if you're not a fisherman - keep your mouth closed going over bridges or you'll be eating various fly hatches - a non-tasty type of protein : )

## NEWBIES WELCOME

In recognition of the challenges associated with being a triathlete, we've changed the definition of a "Newbie" to be your first **year** of triathlon competition, not your first race. So, Max Newbies have 4 more races in 2008! Just check the Newbie box in online registration. Also, be sure to check the home page on our website for a link to tons of beginner triathlete info.

## SPONSOR GIVEAWAYS @ THE MASS. STATE TRI

We've assembled over 35 freebies for the next race. About 30 of them will be posted on the Giveaway Board so check the Board after the race for your race # to claim your prize. The other 6 or so (e.g. 2 wetsuits, bike trainer, etc.) will be announced during awards.

## TRICLUB FEVER

Love multisport but could use some more advice, camaraderie and workout buddies? Race with us at Mass. State Tri since a bunch of Triclubs will be there competing for the State Championship

## "HOW ACCURATE ARE YOUR RACE DISTANCES?"

Well, we can't comment on non-Max triathlons, but we can tell you why we're very confident in the accuracy of our distances:

### Swim

**Garmin 76cx** - this handheld allows us to map our swim courses on the PC using exceptional software that interacts with Google Earth! The swim course buoys are pinpointed and loaded into the handheld for race week planning while one RD is in a kayak and one in the water. When the time comes, we use the handheld to verify the exact locations of buoys along the swim course. Each of the Garmin Products tracks up to 12 Satellites at a time to ensure precise measurements. Distances between buoys (and total distance) is also confirmed from a kayak and the shore using a **Bushnell Laser Rangefinder Yardage Pro**.

### Bike and Run

**A Garmin 305 wrist watch** accurately measures both the bike and run courses. Even when a run course heads onto some trails, the 305 has it covered. Bike distances are also measured by one of our bike computers, like the **Cateye Astrale 8**.

**Mapmyrun.com** brings all of our GPS and bike computer measurements to the athlete. We place the bike and run courses on Mapmyrun.com so you can check course maps to see elevation, distance, and to interact with the courses.

## WHAT'S IN AN ENERGY GEL?

If your training or racing lasts more than an hour, then you're probably using gels, endurance drinks or a food item to sustain your energy. A big focus has been on energy gels which are quick, easy and give you the burst you're looking for. But what's in a gel packet that benefits the typical endurance athlete?

For years, triathletes have consistently used whole foods or "sports drinks" to fuel muscles during training and racing. Fruits and whole foods items are good sources of caloric intake, yet they can be taxing on your digestive system. Through the early 80's energy drinks have become very popular are still used as a way to supplement hydration with additional calories and electrolytes. Your typical sports drinks contain a glucose-fructose based syrup which is a simple sugar carbohydrate component. These drinks taste great and deliver quick fuel sources, but don't provide a long lasting carbohydrate source that endurance athletes need. Additionally, they can cause nausea and stomach irritation.

Over the last several years, Maltodextrin has become a staple in the best energy gels and endurance drinks. This complex carbohydrate provides the calories and fuel that will take you longer into your workouts. It will also help to level out your blood sugar which can typically spike after drinking a good dose of a fructose based sports drink. Maltodextrin used in energy gels are also easier on the stomach and more easily absorbed by the body than heavier doses of the alternative. When comparing energy gels, look to have lower amounts of sugars listed in the nutritional information.

and will have tents welcoming anyone interested in talking to them about their club.

## "NOW THAT'S A TRIATHLETE!"

"I was kind of thinking that my tri-passion may have gone too far when my Mom told me she couldn't find me amongst the sea of hard bodies in the transition area - eww."

## TRI LINGO

### Pronation and Supination

Pronate - roll inward;  
Supinate - roll outward. Good sneakers help compensate for these characteristics but you have to know if you actually have one. IT Band syndrome is often associated with Pronation. So, hopefully you heard these terms when you purchased your last pair of running sneakers because any good running store can help assess you.

## GREAT TRAINING SONGS

What makes them great? They either psych you up or simply make you feel good! *[Please don't wear headphones when you ride outside*

## A Few Energy Gels Compared

<i>GU- Tri Berry</i>	<i>PowerGel- Carmel</i>	<i>Carboom- Straw.Kiwi</i>	<i>Hammer Gel- Apple Cinn.</i>
Calories: 100	Calories: 110	Calories: 110	Calories: 110
Total Fat: 0g	Total Fat: 0g	Total Fat: 0g	Total Fat: 0g
Sodium: 50mg	Sodium: 200mg	Sodium: 50mg	Sodium: 27mg
Potassium: 35mg	Potassium: 20mg	Potassium: 50mg	Potassium: Not Listed
Total Carbs: 25g	Total Carbs: 27g	Total Carbs: 27g	Total Carbs: 23g
Sugars: 3g	Sugars: 10g	Sugars: 2g	Sugars: 2g
Protein: 0g	Protein: 0g	Protein: 0g	Protein: 0g

**Takeaway Message:** Simple sugars have gone the wayside of old nutritional standards and Maltodextrin blends have become the staple. Look for Maltodextrin in your energy products to deliver the most bang for your buck!

## TRIATHLETE SPOTLIGHT

### Dave Guertin

**Profile-** I was born in Gardner, MA and I currently reside in Belmont. I am 32 years old and am just about finished with a post-doctoral fellowship at The Whitehead Institute/Massachusetts Institute of Technology. My specialty is biomedical science and my research currently focuses on understanding the molecular basis of cancer. My short-term plan is to continue my research as the head of my own laboratory. In my spare time I enjoy the outdoors, and when possible I love to travel and explore.



**The "beginning"**- This is my second year in Triathlon. Before that, I was just running a lot because I could only afford sneakers. Despite being a terrible swimmer, I always wanted to do triathlons, an Ironman actually, and I also felt like I was punishing my knees by just running. So last year I bought some new toys, forced myself in the water, and started eating better. Now I'm addicted and having a blast.

**Athletic Interests-** Prior to triathlon and post-high school glory days, I pretty much played softball, a little flag-football, and did some short distance running. In 2004 I started running more and participating in organized races with the Cape Cod Marathon (2005) being my most significant event (3:36:16). I enjoy triathlons and in the future I hope to expand my interests to include adventure racing (then I can buy another cool bike!).

**Triathlon Accomplishments-** In my first year (last year) I did 3 sprints (2 with Max) and 1 Olympic. My goal last year was to complete an Olympic distance race in under 2.5 hours. I finished in 2:29:36

though!]

- "Last Resort" by Papa Roach
- "Fighter" by Christina Aguilera
- "Pain" by Jimmy Eat World
- "You Shook Me All Night Long" by ACDC
- "London Calling" by The Clash
- "4 Minutes to Save the World" by Madonna & Justin Timberlake
- "Neighborhood #3" by The Arcade Fire
- "Dashboard" by Modest Mouse

## SUPPORTING CHARITIES

We hand picked a few to support their [causes](#) and allow participants to do the same. Hope you do!

Rosie's Place

Dana Farber

Prostate Cancer Foundation

Local YMCAs

## TRI CONNECTIONS

[Max Website](#)

[2007 Photo Gallery](#)  
See if you made the gallery!

[Suggestion Box](#)  
Got any???

(25:56/1:10:58/48:54).

**Motivation-** Being fit (and hopefully healthy) makes me feel great, and the races are a cool way to get outside, have fun, and meet people. I also enjoy the diversity in training because it is well rounded and doesn't get boring. Plus, nothing beats that great feeling you get after a killer workout or after a solid performance in a race- it's one of my favorite "feeling-alive" moments.

**Goals for 2008-** Improved times and Timberman 70.3

## MALTODEXTRIN & ZINC FOR TRIATHLETE PERFORMANCE

**Maltodextrin** is a complex carbohydrate that is commonly used in many energy gels and a variety of endurance drink formulas. It's become favored by sports nutritionists for the benefits of providing long lasting energy compared to glucose-fructose syrups, which are found in your every day "sports drink". Maltodextrin is easily digested and absorbed by the body and thus delivers a consistent flow of energy to your working muscles. Compare your sports drinks or energy gels for more information on Maltodextrin.

**Why Zinc?** Reports show that endurance training may significantly decrease zinc levels in athletes. Low zinc levels have been associated with a reduction in endurance capacity, decreased immune function and increased muscle fatigue. Research demonstrated that zinc supplementation resulted in improvement in all of these areas.

## MAX FEATURED RACE OF THE MONTH



**August 17th**  
**Sharon Town Beach**  
**Sharon, MA**

The Sharon Triathlon is Back! We can thank numerous Massachusetts Triathletes and the wonderful community of Sharon for bringing back one of Massachusetts's Best Triathlons. This race has averaged over 650 triathletes the past 10-years. We committed to limiting the number of participants, to maximize fun and safety, so register early or you'll miss a great race.

[B&S Fitness](#)

[Craft](#)

[Fit Werx](#)

[Fuel Belt](#)

[Hammer Nutrition](#)

[Lock Laces](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Tri-Zone](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

Want more info? Visit [www.SharonsBackTri.com](http://www.SharonsBackTri.com)

Or [CLICK HERE](#) to sign up!

*Max RDs are USAT Certified & all Max Races are USAT Sanctioned.*

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*All the best,*

*Tim Richmond*

*RD, Max Performance  
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## FREE GAIT ANALYSIS WITH CHIROPRACTIC CONSULTATION

### *What is Gait Analysis?*

Gait analysis is commonly used to help athletes run more efficiently and to identify posture-related or movement-related problems in people with injuries.

Visit Dr. Kate S. Kelly at **Sage Chiropractic** in Arlington and receive a free gait analysis with initial chiropractic consultation!

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[kkellydc@gmail.com](mailto:kkellydc@gmail.com)  
[www.waterhousewellness.com](http://www.waterhousewellness.com)

**Sage Chiropractic**  
*wellness in motion*

## ROSIE'S PLACE AND THE TITLE 9 TRIATHLON



Rosie's Place is a volunteer only sanctuary for poor and homeless women. Rosie's Place has been in operation since 1974 and has helped thousands of women through difficult times by providing nutritious meals, housing, clothing, transportation and more.

Rosie's Place has accomplished amazing things, both big and small. Each year:

- 74,000 nutritional meals are served.
- 8,400 bags of groceries are distributed.
- 3,000 women get help with clothing, housing, medical services, educational, legal advice, & MORE!
- Over 500 women receive emergency & short-term housing, while seeking permanent homes
- Reaches out to more than 100 women at risk of losing housing due to mental illness.
- Provides more than 150 women with free ESL, GED prep, Literacy & Citizenship courses.

Max Performance is proud to partner with Rosie's Place for its women only Title 9 Triathlon. ALL net proceeds from the Title 9 will benefit Rosie's Place.

For more info on Rosie's place, visit [www.rosies.org](http://www.rosies.org).

For more info on Max's Title 9 Triathlon, visit [www.title9.com](http://www.title9.com).