



# GOLDEN GATE TRIATHLON CLUB

www.ggtc.org

APRIL 2002

## NEWSLETTER

### Ready get set for racing season...a letter from the President

Many great things happening at the newly incorporated non-profit Golden Gate Triathlon Club! We have kicked off the year with many of our long standing workouts with the addition of many new programs.

We're back in the Bay earlier than normal with two open water swims, free on Sunday AM at Aquatic Park and back at South-End Rowing Club (SERC) on Thursday evenings. Add in the launch of the GGTC US Masters team, swimming at Herbst Natatorium with more practices than you can count to balance an already filled Sunday AM masters swim at Burlingame Aquatic Center. The solid

weekend bike ride standby has been improved with coached clinics by Phil Casanta and the creation of several rides every Saturday morning for different levels and different views of the Bay. Hail to the return of Tuesday night track with 2-time Ironman Champion Michael McCormack and the addition of Wednesday night track with past-GGTC president and Team USA Worlds long-course finisher, Brandon Tomlinson. Plus we have built better Sunday morning trail runs with a monthly coached run with ultra runner Chi Running Danny Dreyer who shares his guidance on good form and a few secret undiscovered trails.

And this is only the workouts. We have a new infusion of talent and energy on the board of directors and the club, new members ("welcome!"), a new look, new logo, new uniforms, new website, new newsletter, many new speakers for the monthly meetings and plenty more opportunities to meet and greet!

And to think we're just getting started! Look out for a big kick-off to the racing season with a Wildflower send-off at the end of April, festivities at Wildflower and a big volunteer push as we're the local club sponsor for the ever-exciting Escape from Alcatraz in June.

Here's to a great season for all. Hope you join us!  
Yuko Tsuchiya-GGTC President

### Ask Your Questions here...



Greetings, GGTC, from Club One Fitness. My name is Jim Karanas. I'm Club One's Group Exercise and Performance Training Director and will be writing a monthly article for your website. I competed in my first triathlon in 1982 and raced approximately 10x/year for the next 5 years. I successfully completed the Canadian International Ultra Triathlon, which later became the Canadian Ironman. Though I compete in the shorter distances, my love has always been the ultra. Since 1995, I've trained Club One members using heart-rate training zones and periodized training schedules. My program, entitled Performance Max, introduces club members to structured training cycles and cardiovascular dynamics. The training modalities we use are Spinning, indoor rowing, Computraining, core training and Active-Isolated Stretching. This is supplemented with strength training and nutrition lectures.

Much of the technical information I'll be discussing is readily available on various websites; however, I will present it from a more personal perspective. I have

trained well over 1000 people in the basics of heart-rate training and performed over 500 VO2 max metabolic assessments. I have agreed to answer up to 4 questions/month via the GGTC website but will do more if possible.

My first point is the necessity of using a heart-rate monitor (HRM) during your training. If this is not yet a part of your practice, your training is not as effective as it could be. The HRM is essential for understanding how your heart functions. The instantaneous, quantitative biofeedback enables you to affect your movement efficiency, breathing patterns and the sympathetic innervation to your heart. Endurance athletes don't worry about spending energy but should be concerned about wasting it. Maintaining the same work output at a reduced heart rate can make the difference between its feeling possible or feeling impossible.

The bane of the triathlete is time, or the lack of it. Unless you're a sponsored athlete who doesn't have to work to cover expenses, the training volume necessary for progress in three sports, par-

ticularly for the long course, creates a tough schedule. Using a HRM during structured indoor training will give you the best results for time spent during a busy workday.

Finally(!), there's oxygen. Metabolism (converting fuel to energy) is most effective in the muscle cells in the presence of oxygen. The more oxygen we can transport, and the more mitochondria we have to receive oxygen and burn fuel aerobically, the easier our efforts feel. Our pace quickens with less effort. The body's adaptation to increased oxygen transport occurs best at low to medium heart rates. Most athletes are initially surprised at how much they have to "hold back" to start. Over time the workload increases dramatically at these lower heart rates because your efficiency improves, your breathing is more controlled, and you've learned to reduce the sympathetic innervation of your heart by clearing your mind.

I'm looking forward to receiving and answering your questions.

**CONTRIBUTE TO GGTC!** If you're interested in leading an activity or becoming more involved with GGTC, please contact any of the board of directors. For newsletter contributions or questions for the Jim Karanas/Club One column please contact Stephnee Greenwood at [stephneeg@hotmail.com](mailto:stephneeg@hotmail.com)

the difference between a dream and a goal is a time line.  
can't is a four letter word



As one who has made the pilgrimage from Mill Valley to Lake San Antonio for the past 10 years, I can say with confidence that everything I know about the sport of triathlon, I learned at Wildflower. With its challenging hilly terrain and threatening heat, these races can really overhaul one's attitude if we're not physically and mentally prepared. So it's no surprise that each year, hundreds of novice and experienced athletes fall short of their pre-race expectations. At the same time, the festive atmosphere and excellent event organization offers one of the most unique and wonderful experiences in our sport. So I would like to take this opportunity to share a few lessons that I have learned over the years at the University of rough-roads, hard-knocks and hills, affectionately known as Wildflower.

**Lesson 1:** Know the Course - The only way to truly anticipate the challenge is to preview the bike and run courses. Ideally, you should plan to attend one of the early season trips with the GGTC, Tri-California or other organized groups. Or assemble a few friends and make your own road-trip down. This "secret training" adventure should be taken at least 3-weeks prior to race date. Equip your bike with the necessary gearing to accommodate a 8-10% grade.

## Wildflower 101 By Duane Franks

If you are not able to make the early trip, then plan to arrive to the race early enough to drive the course by car. You will only be able to drive a small portion of the run as it is mostly on fire roads and trails.

**Lesson 2:** Train on Hills – We live in the Bay Area where the roads and trails are as "gravity challenged" as any city in the world. Take advantage of this; become familiar with Mt. Tam and its "Seven Sisters" of Ridge Crest Avenue. The collection of trails in our coastal range is the perfect training ground for Wildflower. Remember to work the down hill sections as well as the climbs.

**Lesson 3:** Build with "Bricks" – The triathlon term, "brick" refers to the inclusion of two or all three disciplines of swim, bike and run workouts in the specific sequence. I suggest that both long course and Olympic course athletes, alternate swim-bike bricks with bike-run, or swim-bike-run bricks every other weekend in the late March and April. Brick runs should be limited in duration to prevent over-training. This is also a great time to practice your transition skills.

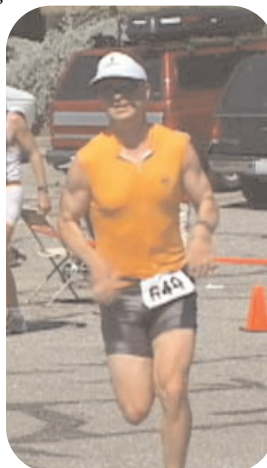
**Lesson 4:** Periodize your Training – If you're an experienced triathlete with the hope of improving your performance, your best chance to achieve faster times is to plan your program in periods or phases. Assuming you have a well-

established base, your next training period, the "Prelude to Competition," or "Build-up" should include plenty of tempo (Lactate/ Ventilatory Threshold) workouts, as well as a few high intensity speed sessions. Keep in mind, however, that a quality training session is only as good as the recovery that follows it. "Peak Training," the phase lasting only a couple weeks, will include a reduced volume with higher intensity, (Max Vo2) sessions. This phase precedes the final "Taper" week before the race.

**Lesson 5:** Triathlon's Law of Relativity – States that it is better to be several miles under-trained than an inch over-trained. Train smart --listen to your body, rather than your ego.

**Good luck as you prepare for one of the world's most exciting sporting events, The Wildflower Triathlons. I'll see you at the starting line!**

**Duane is a Charter member of the Golden Gate Triathlon Club. He has completed over 200 tri-events, in the past 20 years. He has competed in 8 Ironman events, and is a 4-time Hawaii Ironman finisher. He is a Triathlon USA, All American, former Team USA member and is the 2001 Wildflower long course age group winner. He holds a degree in Exercise Physiology and coaches athletes of all levels, including beginning triathletes and Ironman World champions!**



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