



The season at a glance...A Letter from the President

Can you believe that it is already November and alas the triathlon season is drawing to an end (finally!?) But what an incredible year it has been for Golden Gate Triathlon Club. I have the pleasure and honor of writing my final letter as President of GGTC.

Next to being a tri-slo but tri-fan, I'm a self-professed "West Wing" junkie. There was an episode recently where the press secretary C.J. is rallying a bunch of MA college students about voting and how "decisions are made by those who show up. You've got to rock the vote." This is not another reminder about making sure you're a member in good standing and coming to the next monthly meeting to vote for next year's GGTC Board of Directors (that comes later). But to say that we had an absolutely wonderful year for the club simply because of all of you "showed up".

If anything, it has really made me a great GGTC fan.

In typical tri-geek fashion, you not only showed up, you made everything count. This time last year, my living room was packed with the interim GGTC board members who wanted to turn the club around. Pretty well every person approached, agreed to serve and serve they did and then some. In record time, we assembled a



board (thank you past-GGTC BOD Troy, Mark, Brandon, Melanie, Leishia and Brent, Fernando, Stephnee, who agreed to join up), we secured legal counsel (thank you Cathy, Pillsbury and Mark Sundahl), we formerly incorporated (thank you Dave), held elections (thank you Michael Hotchkin) and ran full-speed ahead with new BOD recruits (Walter, Kimberly, Tamra and John). I still recall a certain board member's response, "I'll do whatever you need me to do". (And he that did it in spades at Escape from Alcatraz.) And there are so many other things from logo redesign (with Katie), new uniforms (Ann & KatieV.), new website (w/ Sarah), packed monthly meetings, post-race BBQs (Kirsten), new and improved swim/bike/run programs, Wildflower Camp, Tri & Give and countless more. It was an awesome year!

If anything, it was because you all made us great fans.

Members believed in us (thank you Sunny and Mark for buying those first track cards, everyone at those first meetings), coaches patiently worked with us (Michael McCormack, Phil Casanta, Duane Franks) and joined us to make it better (Danny Dreyer, Maya and Diane, Doug Huestis). Members whether returning or brand new, you made every workout, meeting, that much better.

And you continue to make us great fans.

Not only did you train fiercely, cheer loudly, wear the uniform proudly and race hard, you did even more. For every volunteer, tri veteran who shared their knowledge (Sally, Janet, Brian, Darren), bike or run leader thank you for doing more than showing up. To all who submitted race reports, stories (Dr. Jim, Jim, Pedro, Mark, Geoff, Jeff), shared pictures, organized impromptu rides (John Murphy is the master, Jojo) and posted a thoughtful reply on the list, we thank you.

And all those from the "never say no crowd", you know who you are, many many thanks for doing more than show up and making this a truly great year. Thank you all - it couldn't have been done without you. So take a little winter holiday and here's to "showing up and representin'" next year. Go go GGTC!

Yuko Tsuchiya, President

Tri and Give... By Stephnee Greenwood

It was in a board meeting, late one evening (very late) that we were all discussing a topic that had come up numerous times throughout the year...giving back to the community. We had brainstormed various ideas and programs before, with no real outcome. We also kept receiving feedback from new members that they wanted to learn more about triathlon, maybe try a race, or improve their performance through the club. It was this that helped us come up with the idea of a program that would include coached workouts, training schedules, and a reserved spot in Treasure Island with a majority of the money going to charity. WHAM-a program was born.

From it's inception, Tri and Give was a great idea-it was a matter of execution. How do you launch a program like this? Who will run the program? How many people will it hold? Where will we have the workouts? Who will coach them? I could go on and on...and on. It was Brent Young, with his Team in Training experience that was sure we could pull it off. We soon devised a plan-rough plan, and started tasking, knocking off one action-item at a time.

With some research into various organizations in Northern California, we wanted to raise money for something in the athletic arena, and in San Francisco. We decided on the Special Olympics, because of the strong programs they offer, and the reach the organization has in the community. Great-but at the same time, we realized if we were offering a customized coached program-WE NEEDED A COACH.



"The key to the success of the Tri&Give program is our communal belief in the value of Special Olympics. We beginners had a little more incentive to join because we knew that our money was going to support a super cause. Once we joined, most of us discovered that this triathlon-stuff is a hoot! Similarly, our coaches are incredibly dedicated. This mutual dedication results in a superb fund-raising effort, totally motivated newbie triathletes and coaches who can be proud of both their athletes and the cause that their supporting." -Rick Brooks-Hill

There's one person that immediately came to my mind, Duane Franks, athlete, mentor, important in the inception GGTC. At this point Brent and I were "stoked", as he would say, about this concept and ran it by Duane. Unbelievably, he thought it was a great idea and agreed to take it on.

" I was looking for a structured program with individual coaching to jump to the next level of triathlons. After considering many programs, Tri & Give seemed best suited to meet my needs, and I've not been disappointed. The coach and volunteer coordinators are supportive and friendly at every opportunity!" -Heather Gibbs



"The fact that our money goes to the Special Olympics just makes the program even more special."- Randi Kearn

We now needed a race goal. Treasure Island is a great race, and with it only being a few months away, would be perfect. When we presented Terry Davis with the program, he also agreed to help us out. This was awesome!!

We have the cause, coach, and race-now we just had to make it happen.

Proper Recovery...By Jim Karanas, ClubOne

The process of recovery from exercise involves restoration of the muscle and the rest of the body to pre-exercise levels. Fluids, minerals, stored carbohydrate and other energy stores are all depleted during hard training or racing. Lactate accumulates in the muscles, cells and muscle tissue are damaged and the immune system is weakened.

Primary to the endurance athlete is the replenishment of energy stores. Restoration of phosphagens in the muscle cells (ATP and PC) happens within minutes. This is the ambient ATP (ATP is our energy molecule) that we use for short-burst efforts lasting only seconds. Our glycogen resynthesis, one of our main fuels for longer efforts (depleted, depending on intensity, in ~1-3 hours) should be our main concern. Levels of glycogen synthase, an enzyme responsible for increased uptake and storage of carbohydrates in the muscles and liver, are elevated for ~30 minutes after training. This is known as our "replacement window". Ingested carbohydrates are stored at 3X the normal rate during this window. If we ingest the proper nutrients at this time we can replenish our glycogen stores in about half the time (24 hours).

Our training progress, and eventually our health, will be severely compromised if we train again before our glycogen stores are restored. Glycogen plays a role even when fat is available for fuel. Remember that glycogen is the only substrate used for glycolysis (anaerobic metabolism) which must always precede oxidation (aerobic metabolism). Insufficient glycogen stores lead to muscle fatigue even when fat is available and the intensity is low. A recovery drink during this 30-minute window that contains

carbohydrate and protein functions the best. This needs to be a "recovery" drink of which there are many and contain both carbohydrates AND protein.

Accumulated lactate is removed fairly quickly from our muscles. Usually about an hour. It is important to note that lactate is cleared from the blood at a higher rate when light exercise is performed. The optimal intensity for lactate removal is about 60% VO₂ max for a trained individual (~50-55% peak heart rate).

Even though lactate is cleared in an hour, and our glycogen stores can be replenished in one day, normal muscle function may not be fully recovered. Your muscles may experience damage on a cellular level that takes days to repair. Swelling and inflammation may accompany this damage that results in soreness.

Rebuilding your damaged muscles is important and protein is required for their repair. The length of time necessary varies and is based on age, experience, sex, amount and quality of sleep and additional forms of therapy such as massage. It can also be hampered by psychological stress resulting from work, financial concerns and even relationship problems. 48 hours is the average it takes muscles to repair this kind of damage but it may take as long as a week before you've healed completely.

Replenishing fluids and replacing electrolytes is essential for full recovery. Fluid and electrolyte maintenance should actually begin during training/racing. Consume enough replacement fluid to keep your body weight stable. This may not be possible in hot conditions or if your intensity is really high. After training/racing consume

Many flyers, phone calls, and emails (sorry about the spam) later, we had 27 people enrolled in the Tri and Give Program.

The eight-week program offers a customized schedule and coached workouts throughout the week and weekends. Workout groups are created by ability level-in which there were many. Duane is the key to making sure everyone reaches their goals with various workouts and seminars (and humor). Some workouts include Swims at GoldenGate Swim and Tennis Club (they donated the pool time) with Becky Fenson, Track with Brandon Tomlinson, and group rides with leaders, Fernando Chilvagauer, Sally Steel, Janet Raugust, and of course Brent and Duane. "I've never seen this much camaraderie in a group; it's hard to believe it's only been 7 weeks." "Nor have I ever witnessed this level of improvement—both in their physical ability and self confidence. I feel very rewarded to have been part of this." says Duane.

So here we are, the race is near and I'd like to congratulate everyone in the program...you've done an awesome job! In the spirit of why the program was created, you've given you're all, and that giving, will get you and athletes in the Special Olympics across the finish line. We'll be donating over \$3,000 to the Special Olympics!

enough fluid to regain any body weight you may have lost and to restore your resting and training heart rate to normal levels. You exercising heart rate, at a given intensity, will increase as you become dehydrated because your blood volume actually decreases. This causes the heart to beat faster at a given workload. This is known as "cardiac drift". Replenishing fluids and electrolytes can be done within 24 hours providing you consumed enough while racing.

Finally you have to consider the damage done to your immune system. The harder and longer you exercise, the more you generate free radicals in your muscles. This is known as "oxidative stress" and is common in endurance athletes. Free radicals cause muscle and immune-system damage which can result in muscle inflammation, soreness and susceptibility to colds. Though the general population can receive much of the vitamins and other antioxidants that they need from a healthy diet this is not true for endurance athletes. A good antioxidant package will include increased amounts of Vitamins C, E and the amino acid glutamine, all of which have demonstrated the ability to mitigate the damage done by oxidative stress. Recovery of this nature can take days.

A maximum performance requires extreme effort and then allowing time for complete recovery. Hopefully you've realized that recovery occurs at a different rate depending on the extent of the damage done, your unique physiology and the care you show yourself after racing.



By Jim Karanas

Building Confidence for the Long Haul...By Jim Taylor, Ph.D.

Confidence is perhaps the most important mental factor in sports. Athletes may have the physical ability to run a marathon, cycle a 100k race, or complete the Ironman, but if they do not believe they have that ability, they will not use it to achieve their goals. Confidence is how strongly you believe you can perform at a certain level or under difficult conditions, maintain a pace, compete against particular opponents, or win.

Confidence is so essential because not only does it impact performance directly, but it also affects every other mental factor related to performance. People without confidence are typically very negative. They say things like, "I can't do this," or "I know I'm going to lose." They are their own worst enemies. This negativity leads to a vicious cycle of low confidence and performance resulting in even poorer performance, etc.

Athletes without confidence also experience excessive anxiety. If you know you are good at something, there is no reason to be nervous. Without it there is a good reason to be anxious. Negative emotions are also common in athletes with little confidence. Depression, anger, and frustration are just a few of the detrimental emotions that interfere with good performance.

Low confidence typically results in poor focus, you are so focused on the negatives that you can not focus on what you need to in order to perform well. All of this leads to low motivation and lack of enjoyment. If you are thinking negatively, caught in the vicious cycle, you are probably not having much fun out there.

But don't despair. A misconception is that confidence is inborn. But it is a skill, much like physical skills, that can be learned. You are negative because you have practiced negative thinking and have become very skilled at it. To change you must become aware of how you think and practice confidence and positive thinking until the good skills become ingrained and automatic.

Prime Confidence. Your goal is to develop prime confidence. Prime confidence is a deep, lasting, and resilient belief in your ability to achieve your goals. Prime confidence keeps you positive, motivated, intense, and focused at all times. It enables you to perform your best consistently. Prime confidence also allows you to view pressure situations as challenges not threats, and encourages you to seek out and master them. Prime confidence will last you for the long haul.

Confidence Challenge. It's easy to stay confident when you're performing well. But an inevitable part of sports is that you will have ups and down. What separates the best from the rest is what you do when you are in a down period. This is the Confidence Challenge.

Most athletes, when they are not performing well, get caught in the vicious cycle of low confidence and poor performance. But the most con-

fidant athletes may go through the same down period, but they maintain their confidence, keep motivated, and seek ways to return to a high level of performance. The Confidence Challenge is maintaining your confidence and turning it into an upward spiral in which confidence and performance rise back to a high level.

Building Prime Confidence. Building confidence is a process that takes time and effort. You can build it by making three things a part of your training and competition: sound preparation, Mental Edge skills, and competitive success.

Sound Preparation. It is impossible to just go out and win to build your confidence. Rather, you must be well-prepared. If you have done everything possible to prepare yourself to perform your best, you will have laid the foundation for prime confidence.

This illustrates the importance of a comprehensive and effective training program. Your physical training regimen must be rigorous enough so that when you enter an event, you truly believe you are as well-conditioned as you can be. You must also be as technically skilled and tactically ready for your upcoming event. Concern about technical deficiencies will only reduce your confidence. Finally, you must be mentally prepared to compete. Mental preparation should also be a regular part of your training program.

Two additional tools are choosing winning role models and training for adversity. Choose athletes who you admire and emulate things they do e.g., attitude toward training, work ethic, intensity, etc. Also constantly expose yourself to adverse conditions. Much like the Confidence Challenge, by subjecting yourself to difficult conditions, you are training yourself to learn to respond positively to common obstacles. So whether rain, wind, or cold water, you will know how to master the challenge.

Mental Edge skills. The way you think and how you respond to competitive situations, is a skill that develops with practice. You must train your mind and practice thinking positively. Negative thinking is perhaps the greatest barrier to success in sports. So it is important to retrain your thinking in a more positive direction.

The first technique you can master is Talk the Talk. Say positive things about yourself and your performances. When athletes are asked how they will perform in an upcoming event, many will say, "I may do okay," or even worse, "I'm going to do really lousy today." With that attitude, you are sure to fail. Learn to give a positive response to this question: "I will do my best today," or "I'm going to have a lot of fun today." Saying these positive things will give you a boost, generate good emotions, and enable you to relax. All improving performance.

Also retrain negative thinking with thought-stop-

ping. Do this by becoming aware of when you say something negative and immediately replacing it with something positive. For example, you start to say, "I'm not feeling good today", right away say "STOP" or "POSITIVE," and replace it with "I will do the best I can with what I have today." To thought-stop make a list of negative things you commonly say to yourself and the situations in which you say them. Then next to each negative statement, write a positive replacement. This process will increase your awareness of your thinking and give you the means to retrain your thinking.

Finally for retraining the way you think is the Athlete's Litany. The litany is a group of positive statements. By saying the Athlete's Litany regularly, you learn and ingrain a new way to think. Repeat the litany when you get up in the morning, before training and competition, and when you go to bed. When saying it, you must say it like you mean it. Even if you don't believe it at first, in time you will begin to believe it, especially if you combine it with sound preparation.

Athletes Litany

I Love to Compete

I am a Great Athlete

I Always Think and Talk Positively.

I Always Put 100% Focus and Intensity Into My Training and Competition.

I Expect to be Challenged and That's Okay.

Because I Know How to Handle It.

I Am Confident, Relaxed, and Focused When I Compete.

If I Give My Best Effort, I Am A Winner.

Competitive Success. The best and most direct way to build confidence is with successful competitive success. It is the final piece of the confidence "puzzle." By having engaged in sound preparation and practiced the Mental Edge skills, you are more likely to have success in competition, which will reinforce and expand on the confidence you had built to that point. So be sure, in planning your competitive schedule and setting your race goals, that you give yourself ample opportunity to succeed. So when you go out to run, cycle, or swim, you will have built confidence for the long haul.

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Welcome Cycling Phenom turns triathlete Steve Larsen!

Monday, November 4, 7-9 pm (Room C230 in Fort Mason)



It's all fun...social

Elections- Nov. 4th-7 p.m.

Vote for the new 2003 GGTC Board of Directors. 13 prime positions to plan and arrange the fun-filled, action-packed year!

Year End Party-

It's going to be a blast...stay tuned for the details, coming soon. check www.ggtc.org

October Meeting

At our October monthly meeting, Sydney Olympian, 4th nationally ranked triathlete Victor Plata relayed key training fundamentals and advice for new and experienced triathletes.

Congratulations to Volunteers of the month Sally Steel & Janet Raugust

(don't worry, we will eventually get your picture Janet.)



Both have been instrumental in making the Tri & Give Program a success, as well as volunteering for Treasure Island. Whenever anyone needs help, Sally and Janet have always there to offer. Thanks for all your work ladies!

The updates...By Mark, Fernando, Walter and Brent

Swim- Congratulations to GGTC winner Ross Johnston and Scotia Miller on their placing at the open water swim season finale, the RCPTiberon Mile. This race, in only four short years, has become the world's premiers open water event. Next year, put it on your calendar RCPTiberonmile.com.

As Winter draws near, it's vital to set up a pool swimming routine. Whether you choose the GGTC Masters group at Sain Ignatius, another Masters group (www.pacificmasters.org-great resource) or swimming by yourself, the yards you rack up now are those which will set you in good stead at the beginning of next season.

Make sure your Winter yardage brings you the greatest benefit by developing technical proficiency with drills, clinics, and video work. If you swim Masters, for example, consider swimming a session alone once a week, concentrating on drills rather than yardage. Weight training is an important addition to any athlete's regimen during the off-season. Two sessions a week is the proven ideal, according to the American College of Sports Medicine. Wishing you all the best in your off-season training. Cheers!

Bike- I've had a great time being the Bike Director this year. It was a great year with long rides like Alpine Damn, Nicassio Loop, Mount Tam, to our regular Paradise Loop Rides on Saturdays. We also had great biking

clinics and training sessions by Coach Phil Cassanta, which we look forward to having again in the new year. Last weekend we had our last official bike ride, with food and drinks at Sams, followed by the Ferry back to SF. I want to thank everyone who helped make this program a success. I'll see you on the open road! Thanks!

Run- This years run program was very successful in helping GGTC members to prepare for upcoming races. These races ranged from short distances to Ironman events. Our Ultramarathoner, Danny Dreyer, provided great running techniques both on and off the trail. You can learn more about his chair-running techniques in the off-season at www.chairrunning.com. Track season will end in mid-November, but Michael McCormack will offer Total Body Training, formerly known as TBT. Beginning Nov. 5 - Dec. 17th (7 sessions), along Marina Green. \$42 for GGTC members, \$50 non-members, and \$10 drop-in fee. Check the website for details.

I've had fun being the Run Coordinator and have met many new people that I look forward to working out with in the future months. This season has been exciting and hopefully a value-add to your season...see you next year!

Look out for new GGTC clinics and workshops @ www.ggtc.org!

Monday, November 4, 7-9 pm (Room C230 in Fort Mason) Welcome Cycling Phenom turns triathlete Steve Larsen!



GGTC BOARD OF DIRECTORS:

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Director, Newsletter/Web Content, Stephnee Greenwood stephnee.greenwood@ggtc.org

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All I can say is thank you, thank you, thank you!

You, Duane, Brent, Sally, Janet, and Fernando have been incredibly supportive and positive throughout this 8 weeks. I thought that I was in shape before and literally just learned 2 new sports. There is no way I could have done this without you guys. The fact that our money goes to the Special Olympics just makes the program even more special.

Thanks again.

randi (future olympic swimmer and cyclist!)
randi kearn

Love it! Wouldn't have trained nearly as well with out. How do I sign up for the next program?!

Probably not the best quote for a newsletter, but as you know the SFRRC has a flat fee structure and training programs which build to a specific event - the same concept as the Tri & Give program. Since I know I don't have the self-discipline to train on my own (and I probably whine more than others), this format is perfect for me and why I joined the GGTC.

You guys did a great job! If you need more or a specific quote, let me know!

Deb holcomb

Hi Stephnee,

For me, it was the boost I needed to try something I've been wanting to do for the past 15 years. The training and the great people, both coaches as well as participants, have been such a great surprise. Not only do I look forward to more triathlons next year (assuming I survive Treasure Island), I hope to do them with some of the friends I've made through this program.

My 2 cents. :)

-doug larkin

quickly: Coming from a true beginner perspective. Joining the program has pushed me harder than I would have ever done on my own. Therefore, enabling me to achieve accomplishments I did not think possible, especially in a short period of time (without injury!).

I could go on on and on, but have a deadline as well :) for example the world class coaching of duane and group. the friendly and positive support of the fellow triathletes and volunteers

hope this helps. good luck!
thursday carreon

Stephnee,
Hi! Gosh...SO many thoughts come to mind about the program -all good ones of course :) I think back to us all gathering for the first meeting with "The Iceman" from the Special Olympics to get us all inspired and you, Duane and Brent with the 'tri jargon'...and then the past 8 weeks which have flown by and been so amazing - b/c of meeting such an great group of people, all of us pretty much novices at the sport, in a supportive, enthusiastic environment with you all to help out with the coaching - from explaining what 'bricks are' to the specific shoelace ties to fueling up to swims in the open water...and to know that it's going 'back to the community' (special olympics) makes it all extra-special. I HIGHLY recommend that they do this again next year and would love to help out with it - and as you'll likely be President of GGTC next year (yea! :) it'd be great to continue the program. So I'm rambling a bit, don't know if any of this helps? Need more

details?
Kiki rutkon

thoughts:
the key to the success of the Tri&Give program is our communal belief in the value of Special Olympics. Us beginners had a little more incentive to join because we knew that our money was going to support a super cause. Once we joined, most of us discovered that this triathlon-stuff is a hoot! Similarly, our coaches are incredibly dedicated, maybe even moreso than if they were paid for their time. This mutual dedication results in a superb fund-raising effort, totally motivated newbie triathletes and coaches who can be proud of both their athletes and the cause that their supporting.

rick brooks-hill

ideas,
great team environment, great personal attention by coaches
great club for first timers, makes you feel at ease and comfortable that you are not the only one with concerns and questions
not a "how good are you course" more have fun, learn the basics and meet people that share the same interests as you
excellent coach
excellent in variety and times for workouts, is very easy to attend for most peoples schedules

hope your day is well, don't stress
scott leathers

"It's been a dynamic group." Brent says, "Hanging out together after workouts for drinks and food, and meeting up to do separate workouts-it's been very cool."