



# GOLDEN GATE TRIATHLON CLUB

www.ggtc.org

April 2003

## newsletter

### Best of the Bay!

So it's officially been a month since I finished my Ironman. For the past few weeks I've been enjoying the break from training (basking in the glory) and some would even say-being lazy. Hey-I shouldn't say totally lazy, I've been going to Track (some great workouts). However, I was quickly snapped out of this comfort zone while at Wildflower camp this past weekend. Just like when I was a kid, if there's one thing that could get me motivated, it was camp. It was great to have some pointers from Coaches Duane Franks and Phil Casanta before we headed out on the bike course. When we all returned, the lake was calling our names for a quick swim. Holden Hardcastle gave us the 411 on swimming with the packs on race day. And luckily, there were plenty

of other wetsuits in the water to ensure we'd get some real practice. Following the refreshing splash, the grills were warmed and everyone was ready to eat! Sarah Rusby a.k.a. Martha Stewart, and cabin 5 prepared some amazing food that was devoured in a matter of minutes, leaving the group in awe (thanks to everyone that helped). Nothing like some good food, and hanging out beneath the stars. The fun progressed late into the night (later for some than others). Everyone was moving a bit slower the next day, but overall looking like a hard core group! We received more great tips about strategy and challenges on the run course before we headed out to the hills. Of course it was hot, but great to have Kirsten and crew at the half way point for some much

needed electrolytes! Before I knew it, the run was over and so was camp. What a great way to get out of the city, have some fun, and prepare for Wildflower.

Wildflower is one of the more fun events of the season, so it's time to hit the pavement and trails. With four weeks away, there's training to be done! We've got group rides, spinning, track, trail runs, open water and pool swims, stroke clinics, transition clinics, club meetings and much, much more. Make sure you check out the website, or discussion list for details, or just ask-we'll give you the scoop. Looking forward to seeing lot's of red on race day. GO GGTC!

*Stephnee Greenwood  
GGTC President*

### Riding with Lance

*Look here each month for an article by a GGTC member!*

Resplendent in their orange-trimmed blue uniforms, fifteen US Postal riders propel the peleton out of Phoenix. Two motorcycle policemen clear the way for us. I fantasize that Roberto Heras, riding in front of me, is my domestique leading me up the big mountains in the Pyrenees in the Tour de France.

At the conclusion of a ten day training camp in Santa Barbara, the US Postal team flew to Phoenix for a weekend of schmoozing sponsors before heading onto Europe. In fact, this is the occasion for the exciting news that the team's name has been changed to "US Postal Presented by Berry Flooring". Although there are presentations by members of the team and meals with riders, the highlight of the weekend (at least for me) is the opportunity to participate in a 70 mile training ride into the desert outside Phoenix.

US Postal is not an early rising team. Practice doesn't start until 10am as the day begins to warm up. At last, the ride begins. The team leads a group of 60 or so of us away from the temporary trailer complex. We start out comfortably at 18 mph or so for the first half hour. Initially there is a wide spectrum of riders ranging from team riders sponsored by Clif Bar to

executives of Berry Floors to Lance's coach, Chris Carmichael. Every time there is a 90° turn at a street corner, you have to sprint to hold your place; quickly the group stretches out. The pace remains the same but my effort is going up – later I realize we are gradually climbing a couple percent grade. We hit some rolling hills which really thin out the group following the team. Fortunately, my time working with Michael McCormack allows me to keep going; I even pass Chris Carmichael! About an hour into the ride, the intensity ratchets up several more notches. My heart rate goes over threshold, and I am gone. Later, I learn that Lance has charged to the front – the remaining riders are dropped over the next 20 minutes.

I keep going and link up with the riders from Clif Bar and a manager from Visa who has done Ironman Hawaii. We manage to join some of the other members of the group in re-linking with the team as it comes zooming back. With the benefit of going downhill, the ride suddenly becomes much more fun. We go 25 to 30 miles per hour. With the motorcycle police clearing the intersections for us, we don't ever have to slow down, let alone stop. On this ride back, the group is smaller (although we have picked up several lucky

riders who happened to have the good fortune to be out as we rode by) and more disciplined. Consequently, I get the chance to enjoy watching the team working together leading us home.

The ride ends. We mill around for awhile with the riders, coaches and mechanics. As the bikes get washed and stowed away, it's time for me to head home.

I am not a better rider for the experience, but I have something new to think about when I am sitting on my Computrainer. And I am even more excited to see Lance try for his fifth Tour de France victory this summer.

*Matt Barger is a passionate age group triathlete. He is a member of the Golden Gate Triathlon Club's Podium Program and sits on the Board of Directors of USA Cycling Development Foundation. USACDF's mission is to assist in the development of junior, under – 23, and women's programs. The U.S. Postal team and Lance Armstrong are supporters of USACDF. Matt's next cycling adventure involves mountain biking with Ned Overend in Moab in May.*



Janet and Steph talk about "the thrill of victory" with triathlete Julie Moss

## Good On Ya!

Many of the GGTCers spent a little time down under when they competed in the 2003 IM New Zealand on March 1st. Among the many in the GGTC contingent were: Monique Petrov (winning her age group), Ralph Pickett, Andy Baldwin, Patrick Crowley, Stephnee Greenwood, Keri Palko Janet Raugust, Tina Vesper, Clint Wall, Brent Young and Cathy Morgan, (although not racing Cathy gave a great deal of support!) . "On a day when you start to doubt yourself, it was indescribably invaluable having fellow GGTC-ers and supporters on the course and sidelines not doubting you." says Brent Young.

With all the sights to see and nervous energy to expend, the week of pre-ironman activities kept us all busy. For some it was our first ironman and I think we all experienced a great adventure even before the race began! When race day came, we lived through "4 seasons in a day" to use Keri Palko's expression...but luckily not much wind...it was for the most part a great day for everyone. "There's nothing like running through a beautiful lakeside town lined with people yelling, 'Good on ya' for 26.2 miles!" says Stephnee Greenwood.

At about 65 miles into the bike on a almost deserted country road, a little kiwi girl shouted out to everyone that passed "hope you win!" Even though none of us "won the race" I think we all won something that day!

Janet Raugust  
GGTC Director of Communications

## Member Profile - Pedro Ordenes

Meet Pedro Ordenes. At first he may appear to be just another cheerful, smiling Golden Gate Triathlon Club member. But get to know him and you'll discover much more! Over the past 10 years Pedro has taken on the unofficial role as the club's open water swimming coach, and has helped dozens of wary GGTC members overcome their fear of the cold, dark waters of the Bay.

But he engages in a passion that he was born to follow. Swimming is as essential to Pedro as breathing for the rest of us. In fact, some have even speculated that fish gills are hidden under his neatly pressed collar. It was his late father, Pedro Sr., a long-distance swimmer, who first set his sights on swimming across the Alcatraz channel while visiting from Chile during the 1950's on a diplomatic mission. However, Mr. Ordenes' idea was quickly rejected when the locals explained that nobody had ever survived the frigid currents of the San Francisco Bay. Pedro's father never was able to realize his Alcatraz dream, but his legacy lives in his son's accomplishments.

You see, Pedro has successfully swum from Alcatraz to San Francisco more times than anybody in history! You'll find proof of this in the next edition of the Guinness Book of World Records. But don't expect 153 crossings recorded to be up to date. He continues to make regular swims to and from the former prison. He even produced his first video, "Swimming from Alcatraz," and is currently completing his next video, "Open Water Swimming."

Pedro is also only the fifth person in history to successfully cross the Straits of Magellan. On December 31, 1999, he braved the cold waters (a mere 39.7 degrees Fahrenheit) to honor the memory of his father, who was the first person to ever attempt the crossing. Nine swimmers have made an attempt, including two that lost their lives in the process. Last July, Pedro was part of a 6-man relay team that swam across the English Channel in 13 hours. And just to show off his amphibious talent, Pedro

completed his first Ironman Triathlon in Hawaii this past fall, despite 5 flat tires! He is currently training for his next event, The Ironman Brazil in May.

Pedro has navigated through several careers, including transportation engineering in the Silicon Valley and even founded his own international consulting company. He recently accepted a management position with Western Athletic Clubs, and heads two departments at the new Bay Club Marin, including the aquatics program. Pedro's leadership and the respect given to him by his staff have earned him the title, don Pedro."

Originally from Chile, Pedro came to California in the mid 60's and received a degree in industrial engineering from the University of Miami. His Chilean roots played a major role this past January, when part of the City of San Francisco was declared as Chile Chico, or "Little Chile." Pedro was vital in bringing together representatives from the City of San Francisco and the Chilean Embassy to make Little Chile possible. For his contribution, Mayor Willie Brown invited Pedro to a special reception with the Ambassador of Chile, former Secretary of State George P. Shultz, and other diplomatic and state dignitaries.

You don't need to be the mayor or a dignitary to hang out with don Pedro. You can join him each Thursday evening during the GGTC & SEERC Aquatic Park swims that begin at the South End Rowing Club.

Duane Franks  
One of the Founding Members of GGTC



Duane and the gang at Wildflower Camp



## Stepping Up

**A**fter first being inspired by last year's Director of Sponsorship, Race Director Relations and outstanding local race director for the Lamisil Escape from Alcatraz (all while working every other waking moment at Siebel and somehow managing to fit in training for a stellar IM Wisconsin performance) John Duda III, we are proud to announce a new development program for GGTC. Coined and originally conceived by John last year, the GGTC Podium Program consists of a team of aspiring elite athletes committed to help elevate the performance of GGTC and its members.

The hope is that the Podium Program participants will serve as model, positive influences for the club, as well as ambassadors for the sport. In this inaugural year, participants were elected because they imbue qualities beyond pure athletic talent, including spirit, commitment, as well as balancing triathlon goals with the demands of school, work, family and other pursuits. In exchange for honorary membership and a gear stipend to help them represent the club at races, Podium Program participants will contribute not

only their athletic prowess and enthusiasm at events on behalf of the club, but are also committed to sharing their experience and knowledge to the benefit of all club members.

Over this triathlon season, look out for these front runners not only at the finishing tape but also for their advice and guidance in the form of articles in the newsletter, updates on the website, keynote addresses, coaching clinics and other special events. The program should be a great engine for the club this year and for years to come. Whether you are new or experienced, big or small, fast, slow or somewhere in between, the goal is that as a GGTC-er you will get something out of the program. If you think you or someone you know would make a great Podium Program candidate, or simply have another idea to share, please contact Ex-Officio, Yuko Tsuchiya at [yuko.tsuchiya@ggtc.org](mailto:yuko.tsuchiya@ggtc.org)

Go go GGTC!

*Yuko Tsuchiya  
GGTC Ex-Officio*

## Volunteer of the Month



For endlessly helping out and planning the Wildflower Weekend Training Camp, and putting her all into everything she does for GGTC

Congratulations goes to:

**Sarah Rusby**

April Volunteer of the Month

## Special Events for GGTC Members

**I**n an effort to make sure we provide our members with a well-rounded curriculum of regular practices, masters programs, special clinics and coached sessions, GGTC is continually looking for new programs to offer to our members. Look here for info and dates to save and also check out the website at [ggtc.org](http://ggtc.org)

### Transition Clinic

Top age grouper Lisa Kabot to go over the ins and outs of transitions. Newbie or experienced, you can cut some time from the "4th event" with this informational clinic. Sunday April 27 2:30 PM start, meet at the Cavern on the Green snack hut along the volleyball courts at Chrissy Fields.

### GGTC Wildflower Kick-off / Tent drop-off / Uniform pick-up Monday, April 28th, 2003 6:30pm

Jillian's • 101 4th Street (Sony Metreon)  
This gathering is mainly a social event, primarily scheduled to allow members to drop off their Wildflower tent so we can secure an area large enough to accommodate our entire group down at LSA. Also, it allows everyone to pick up their uniform in time for the race. If you aren't doing Wildflower, please feel free to come for the socializing!

### SAVE THE DATE! GGTC May Meeting Monday May 5

Look for details and location on [ggtc.org](http://ggtc.org)!

### GGTC Board of Directors

- President** Stephnee Greenwood  
[stephnee.greenwood@ggtc.org](mailto:stephnee.greenwood@ggtc.org)
- Secretary** Sally Steel  
[sally.steel@ggtc.org](mailto:sally.steel@ggtc.org)
- Treasurer** David Green  
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- Ex Officio** Yuko Tsuchiya  
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- Director, Swim** Geoff Farrell  
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- Director, Bike** JoJo Grover  
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- Director, Run** Nikki Galvan  
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- Director, Meetings/Social Events** Kirsten Van Sickle  
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- Director, Communications** Janet Raugust  
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- Director, Sponsorship/Marketing Race Director Relations** Clint Wall  
[clint.wall@ggtc.org](mailto:clint.wall@ggtc.org)



# RUN

www.ggtc.org

April 2003

Check here and on the website [ggtc.org](http://ggtc.org) for swim bike and run weekly workouts, clinics and special programs GGTC offers.

## SWIM

We hope you are working towards your swim goals this year. We hope they are to leave your competitors bobbing lifelessly in your wake.

We currently offer the following programs:

### Open Water Swims at Aquatic Park on Thursday Eves:

With the time change this past Sunday, our vigorous, can-do group now swims in the daylight under the guidance of Pedro Ordenes.

If you wish to participate with us, you MUST go to an orientation. The last one will be 6:30pm Wednesday, April 16, 2003, at the South End Rowing Club, 500 Jefferson St (& Hyde) at Aquatic Park.

### Coach Holden's Masters E-Lite and Clinics for April and May:

Masters Lite is a great way for the casual swimmer to embrace a traditional interval-oriented workout -- shorter yardage, and more attention to technique. Hosted by Holden Hardcastle. You must contact him prior to attending: h0ld3n@sbcglobal.net

April 16th 6pm MASTERS LITE  
April 19th 5:30pm MASTERS LITE  
April 21st 5:30pm MASTERS LITE  
May 7th 5:30 pm BREASTSTROKE CLINIC (Good to use some of those other muscles after a long wild flower weekend)  
May 13th 6pm MASTERS LITE  
May 16th 5:30pm MASTERS LITE

cost: drop in: \$15.00 or \$60.00 for a series of 6

### Sunday Swims Continue with Burlingame Masters

This program is now closed to new participants. Coach Doug focuses on long intervals each Sunday. Time flies while you get your weekly long swim in.

### Private Instruction with Bjorn

Bjorn's 5 class program is already under way. He will have more shortly! Inexpensive classes focus on individual attention (8 people per class). Includes underwater and on-deck video taping sessions. Swim more efficiently, avoid injury. Contact [bjornholtan@earthlink.net](mailto:bjornholtan@earthlink.net).

### Are YOU on a Masters Team?

If not, you should be, and now!  
[www.burlingameaquatics.com](http://www.burlingameaquatics.com)  
[www.pacificmasters.org/index.shtml](http://www.pacificmasters.org/index.shtml)

### Questions/Comments/Concerns?

Contact the Swim Director at [geoff.farrell@ggtc.org](mailto:geoff.farrell@ggtc.org)

## BIKE

We have different rides every weekend. Every Wednesday night the rides for the following weekend are posted to the mailing list.

Here is a small sample of the type of rides we offer:

### Paradise Loop Ride

Distance: ~35 miles  
Hilliness 1/5

Route: Golden Gate Bridge, Sausalito town center, Sausalito bike paths, Camino Alto (stopping at the bottom to regroup), Corte Madera, across HWY 101, Paradise Drive to Tiburon. Coffee stop at Boudin's. Follow Tiburon Boulevard and the Bayside bike paths back to the Northern end of the Sausalito bike paths, and then back the way you came to get to the Bridge.

This is a no-drop ride suitable for those new to triathlon.

### Up The Coast

Distance: ~70 miles  
Hilliness: 2/5

Route: Golden Gate Bridge, Sausalito, Mill Valley, Highway 1, Muir Beach, Stinson Beach, Bolinas, Olema, (possibly extending to Point Reyes Station), Sir Francis Drake to White's Hill, Fairfax, San Anselmo, Corte Madera, Sausalito...

### THE NICASIO LOOP

Distance: ~75 miles  
Hilliness: 2/5

Route: Sausalito, Camino Alto, Corte Madera, San Anselmo, Ross, Fairfax, Sir Francis Drake, Golf Course Hill, Nicasio, Nicasio Reservoir, Point Reyes Station, Olema, Sir Francis Drake, bike paths through the State Park, Sir Francis Drake, White's Grade, Fairfax...

### Questions/Comments/Concerns?

Contact the Bike Director at [jojo.grover@ggtc.org](mailto:jojo.grover@ggtc.org)

## RUN

### Track

Track on Tuesdays, at 7pm at Kezar Stadium. The track program will be coached by two-time Ironman Canada Champion, Michael McCormack and will continue on up until the the Treasure Island Triathlon in November. Track fees will be as follows:

- Drop-in Fee (Non Member) = \$8.00 per session
- Drop-in Fee (Member) = \$5.00 per session
- Pay per TRI-mester (3 months) = \$52 per TRI-mester\*  
TRI-mesters are:
  - 1) FEB/MAR/APR
  - 2) MAY/JUNE/JULY
  - 3) AUG/SEPT/OCT

Congratulations to Greg Meagher who won an Escape From Alcatraz FREE Race Slot! All Track Season Pass Holders were entered in the contest. The winner was announced on March 21st.

### Trail Runs

Trail Runs on Sunday's at 11pm (Location moves around to different locations in the bay area - check the calendar or email list for exact locations). If you would like to lead a trail run or if you have a great trail you'd like us to try, please contact Nikki Galvan.

### Run Clinics

Stay tuned for an alcatraz Clinic coming up in May (after Wildflower!)

### Questions/Comments/Concerns?

Contact the Run Director at [nikki.galvan@ggtc.org](mailto:nikki.galvan@ggtc.org)