

Ready To Get Back In The Bay?

Hey GGTC swimmers, are you ready to get back into the Bay? Please plan on attending ONE of the following open water swim orientation meetings. If you don't attend an open water orientation meeting, you will not be allowed to swim outside-the-cove w/GGTC.

Orientation will be held:

Wednesday March 3rd, 6:30 pm to 7:30 pm
Location: TBD—check the email list
Lead by: GGTC swimmers (including Pedro)

Thursday March 11th, 6:30 pm to 7:30 pm
Location: TBD—check the email list
Lead by: GGTC swimmers (including Pedro)

GGTC's open water swim program is scheduled to start mid-March on either Wednesday's or Thursday evenings, but Pedro Ordenes is starting various programs now....burr! Way to go Pedro! For more information, contact Chris Whitman (chris.whitman@ggtc.org).

Other swim news...

- Sunday swim workouts w/Burlingame Aquatics Club (BAC) continue
- Sunday swim workouts at Embarcadero YMCA (program is full—thanks everyone!)
- Continue to work on establishing relationships with other aquatic facilities for lap swimming and open water swims.
- Open Water Orientation on the evenings of March 3rd and 11th.
- Start the GGTC Open Water weekday evening swims in Mid March (either Wednesday or Thursday).
- Start the GGTC Sunday Open Water swims in Mid May.

Local Pools Links

Links to search for Master Swim Programs:
<http://www.pacificmasters.org/index.shtml>

Link for finding Swim locations: <http://www.usms.org/placswim/search.php>
Direct links to local Swim programs

SAN FRANCISCO:

DOLPHIN CLUB <http://www.dolphinclub.org/swimming.html>
FOG CITY MASTERS: <http://www.pacificmasters.org/fog/>
GOLDEN GATEWAY TENNIS AND SWIM CLUB
<http://www.ggtsc.com/programs/aquatics.html>
SOUTH-END ROWING CLUB:
<http://www.south-end.org/swimming.shtml>
USF KORET AQUATICS
<http://www.usfca.edu/koret/aquatics.html>
YMCA EMBARCADERO <http://www.ymcasf.org/embarcadero/aquatics.html>
YMCA PRESIDIO
<http://www.ymcasf.org/presidio/aquatics.html>

EAST BAY:

HEATHER FARMS (search under Walnut Creek, CA
<http://www.usms.org/placswim/search.php>
SAN RAMON VALLEY MASTERS: <http://www.usms.org/placswim/search.php>

MARIN / NORTH:

Under investigation – send website link suggestions to the Swim Director

PENINSULA / SOUTH BAY:

BURLINGAME MASTERS <http://www.burlingameaquatics.com>
PALO ALTO <http://www.city.palo-alto.ca.us/ross/recreation/swim.html>
STANFORD MASTERS
<http://www.stanford.edu/group/masters/>



GOLDEN GATE TRIATHLON CLUB

www.ggtc.org
March 2004

Meet Your Directors...

It's a new year and a new board, so we thought we'd let some of the board tell you about their first triathlon, their favorite triathlon, and what they love about GGTC.

Holden Hardcastle, Struggling Webmaster

First tri (or running race): Escape From Alcatraz
Favorite tri (or running race):
City Of Los Angeles Triathlon
Why I love GGTC: A sense of humor

Katie Johnson, Director of Merchandise

First tri (or running race):
Turkey Trot, Dallas, TX 1996
Favorite tri (or running race):
US Half-Marathon in San Francisco
Why I love GGTC: Great people to train with!

Brian Pawlus, Director of Sponsorships

First Tri: Mrs. T in Chicago, 1994
Favorite Tri: Ironman Austria.
In 2nd place, Escape from Alcatraz
Why I love GGTC: Through the club I've met a lot of fun people, developed some very close friendships and found the club to be a great source of motivation to achieve new goals and lead a healthy lifestyle.

Bike Tips:

* Always carry insurance information and cash (never know when you will need a Snickers break) with you (stuff it in your bike bag so it is always there).

* Tickets for bikes are the same as for cars - read: expensive to run red lights or stop signs.

* Write your name in your helmet so if anything happens and you are knocked unconscious the ambulance will have information for ID-ing you.

* Lube your chain before every ride.....your bike will love you for it. And who does not want their bike loving them? Rumor has it bikes go faster when they are loved.

Letter From The President

Hey GGTC-ers

Here it is the beginning of March and we are already in full swing with many of us training for Wildflower and a few other early season tune up races. We have seen excellent participation at Tuesday Night Track with M2 and lots of swimmers in the Sunday programs with more swim options to come. The weather is improving so let's get the bikes rolling. Bike Director Jason Arth has great Saturday and weekday morning rides scheduled, so jump in and get your training on! See the Bike section of the GGTC website for all the details.

And a quick note to new members, make sure to sign up for the GGTC Discussion email list (sign up procedures found on the GGTC.org home page). I have heard comments from many new members suggesting they don't know how to get involved with training sessions and social events once they join the Club. The Discussion list is our primary communication tool and the GGTC website is also a good source of information. Just show up to any of the Club's sport or social events you see posted on the Discussion List or website and you will be surprised at how many new people you can meet. One last note, your Board of Directors is putting together the new GGTC Mentor Program to help new members integrate into the club faster and easier so you are up to speed in no time. Watch the Discussion List for upcoming details.

Here's to a sunny March (cause there's only 9 weeks left to train for Wildflower!)

Dave Green,
President

The GGTC Tri & Give Training Program!

The Golden Gate Triathlon Club is in it's third year of offering the Tri & Give Program to members and nonmembers! GGTC and Tri More Fitness would like to help you achieve your goal of completing a triathlon while simultaneously helping the community! A majority of the program's fee, minus some administrative costs, will be donated to a local athletic oriented non-profit; currently, the Special Olympics of Northern California. Thanks to GGTC members, coaches and participants, we have raised over \$10,000.00 and shared our passion of triathlon and sports with others.

The Program has been offered twice a year, with one session kicking off in February for the beginning of the tri season, and the other in September for the Treasure Island Triathlon. Tri & Give is an ten-week training program designed for those with varied athletic abilities to ideally compete in an Olympic distance race. Coaches Neil Fraser and Laura Esterline of Tri More Fitness, head up the program which is designed to fit your level of fitness and ability. The program includes three coached group workouts per week in each of the disciplines-swim, bike and run. Additional clinics, e-mail support, and GGTC volunteers will fuel your passion, encourage your commitment, and answer everything you ever wanted to know about triathlons but were afraid to ask!

If interested in participating, it is highly recommended that you:

- are able to swim continuously a minimum of 200 yards (4 laps);
- own and know how to ride a bike;
- have the ability to run/jog a few miles.

The fee is \$300 for GGTC members and \$350 for non-members. Entry into the program will include a one-year full membership to GGTC. This gains you access to various club workouts and numerous sponsor discounts. See www.ggtc.org/sponsors for more information.

To learn more specifics about the program, please email stephnee.greenwood@ggtc.org.

Volunteer of the Month

Our volunteer of the month for January is Will Beaubien. Will has been a ride leader, shuttle operator, Tri & Give volunteer and all around good sport. Thanks and congratulations Will!

Tuesday Track

Tuesday Track begins on TUESDAY, FEBRUARY 3rd at 7pm at Kezar Stadium.

Track is open to all paces, abilities, experience & skills.

COACH: Michael McCormack (www.triathloncoach.com)

WHEN: Tuesdays, 7pm at Kezar Stadium. Please be there at 6:45pm to check-in. The warm-up will start PROMPTLY at 7pm.

SEASON: FEB 3 - NOV 2 (40 sessions - 39 PAID & 1 FREE)

COST: There are several payment options to suit your needs (Drop-in, TRI-mester, and Season Pass) . The cheapest and best option is to pay for the whole season up front.

** 1st Session is always FREE (so come and try it out!) **

Reminder—Track has begun!

Tuesday evenings at 7 pm at Kezar Stadium. Be there at 6:45 pm to sign-in...be ready to start warming up at 7 pm sharp!

Payment Options:

- * Drop-In Fee (Members) = \$5.00 per Session
- * Drop-In Fee (Non-Members) = \$10.00 per Session
- * TRI-mester Pass (3 total) = \$52.00 (\$4.00 per Session - 13 sessions per TRI-mester, or however many are remaining)
 - TRI-mester 1 = FEB/MAR/APR (13 sessions)
 - TRI-mester 2 = MAY/JUN/JUL (13 sessions)
 - TRI-mester 3 = AUG/SEP/OCT (14 sessions)
- * SEASON PASS = \$114 (40 sessions, or how many remain now) for \$3.00 per Session

Save \$ by buying the whole year!

Wednesday night track has also begun. We are testing this Wednesday night track program and is therefore on a 10 week trial basis. These track sessions will be geared towards beginners and will include the Tri-and-Give Athletes.

Where: Kezar Stadium (we meet on the south side of the bleachers)

When: Wednesday 7 pm-8 pm beginning 25 FEB

Coach: Neil Fraser with workouts by Michael McCormack

Wednesday Track will run from 25 FEB till 28 APR (10 Total Sessions)

First Track Session is FREE to everyone

Payment Options:

- * Drop-In Fee (Members) = \$5.00 per Session
 - * Drop-In Fee (Non-Members) = \$10.00 per Session
 - * 10 WEEK WED PASS (10 total sessions) = \$36.00 (-\$3.60 per Session - 9 Paid, 1 Free Session)
- The 10 WEEK WED PASS is only good for Wednesday track sessions.

SEASON PASS HOLDERS may attend TUESDAY or WEDNESDAY track sessions.

Golden M2 Track Rules for Runners of All Abilities

Proper Warm-up :

You want to gradually elevate your heart rate and become comfortable with the faster running stride you will be using in your interval set. You accomplish this by beginning with a slow jog that gradually picks up in pace. Once you feel begin to feel comfortable with your base pace, then you can begin to incorporate drills and strides to further prepare yourself for faster running. Do not worry about accumulating mileage and thus "a better overall workout" by working hard during the warm-up. On the track, your workout is being measured by the interval set that you have planned for that day. To try and "sneak in" a little extra by doing a solid-paced 3-4 mile warm-up is to more than likely compromise your execution of your primary objective that day, the interval set.

Adequate Recovery :

Adequate Recovery pace between intervals recovery jog between interval efforts should be a VERY SLOW jog, not one's normal running pace. I too often see folks running at their normal run pace during what is supposed to be a jog recovery (you know who you are!). Far from adding to the overall quality of the workout, it instead detracts from their ability to work at higher intensity during the prescribed intervals.

Even Interval run pace :

Runners should be able to run even pace within a given interval; else working too hard.

Even pace for entire workout :

Runners should be able to sustain this same pace throughout the workout; else working too hard.

One more, but thankfully you don't have to :

Runners should finish a workout feeling that they could have done more.

“OOUCH” - ANYONE WHO HAS EVER TRAINED FOR ANYTHING EVER

Words Simply Come Up Short

by Fred Mendez

Words seem so inadequate to describe something as seemingly simple as a bike ride, but a ride that provided an unparalleled sense of accomplishment and perseverance by the five idiots who braved it.

I should have known it would be a challenging day when the lady behind me on the way down to Milpitas swerved for no apparent reason and drove her car into a tree. That was promptly followed by Pieter's call that he was running 15 minutes late. When he showed up, he had no money, no sunglasses (he bought a pair at a gas station) and, better yet, no map.

We finally got started at about 9:30 am and had about 20 minutes of warm up riding along a nice rolling road. Then the climbing up Mt. Hamilton started. Our heart rates were low and legs felt good ... for the first hour. The next hour-and-a-half of constant climbing started to create a situation where muscle fatigue became a factor prior to even hitting mile 30 of a century ride. We stopped at the top for about 5 minutes (longer for everyone else who had to wait for me) when we realized how much more we had to do in order to get back to the cars. After a quick descent, Pieter told us that it would essentially be flat, if not downhill, for most of the ride to Livermore and Pleasanton until the very end. He lied. By mile 50, we had climbed approximately 6000 feet, and it wasn't getting any easier. The boys (Pieter, Dave Hover, Jesse, Jason) were incredibly patient with me, where I reclaimed my usual position of bringing up the far and distant rear. When we finally made our way into Livermore, we realized that we would all need to average approximately 25 mph in order for us to get to the cars before dark, and our muscular tanks were on empty. Pieter found an Albertsons where we inhaled Pringles, Snickers, Nutrageous, about 6 bananas, Gatorade, water and a 1/2 pound of sliced salami. That's when Pieter asked me what I had left.

Up until that point, my only complaining was regarding Pieter's definition of downhill and flat, but in reality, I had already started to cramp and was one good climb away from seizing up. The plan was for me to ride with them until we came to the intersection of Calaveras and 680, at which point, Dave Hover would jump in my car and pick me up when he finished. The food definitely helped everyone and we rocketed through Livermore and Pleasanton in a pace line averaging about 23 mph. Then we hit the intersection. I felt relatively strong, but was afraid of having my mouth write a check that my body wouldn't be able to cash. We were at mile 85 ... only 20 miles left, but a lot of climbing ... and it was getting dark. I told everyone to take off; I would ride as far as I could and someone would come back along the route to pick me up ... so off they went.

The route was beautiful ... the sun was coming down, it was deathly quiet, no cars on the road at all. Then it got dark ... very dark ... and I had a good 10 miles to go yet. I used the whole road, followed the white lines, hit absolutely every pothole and bump on the road and pretty much spent most of the ride out of the saddle, not caring what would happen to my body, only caring that I didn't want to suffer the personal humiliation of being picked up. I caught up with Jesse, who had his second flat of the day and was in the process of getting a ride back to the parking lot in the back of a pickup truck. I asked the driver how much further it was and she said about 2 miles, all downhill. No way was I getting a ride! About 3 blocks from the parking lot, Pieter showed up in his truck. No way in hell was he picking me up! I finished the ride with 105.9 miles on the odometer ... approximately 8500 - 9000 feet of climbing ... 8.5 hours of riding with only one real break. Inside, I felt like I had just won the lottery. There were so many times I just wanted to stop and give up. That In 'n' Out Burger never tasted so sweet.

You missed it ... would've been great to have you guys there with us. I can't wait to do it again.

Track Terminology

Negative Splits: Refers to running the 2nd half of a given interval or distance faster than the 1st half.

Even Splits: Refers to running the same pace throughout a given distance. If you are running 400s (once around the track) check your time at the mid-point and again at the finish.

Build: Refers to increasing the pace as you progress through the work interval.

Strides: The idea is to run quickly, not hard; concentrate on quick, efficient, and uniform turnover, i.e. running fast with minimal effort. They should be done on grass or dirt or some similar soft surface, over flat or slightly downhill terrain. Concentrate on building speed with good form, running fast as opposed to hard.

Proud Form Hill repeats: Proud Form refers to exaggerated arm swing and leg motion.

Proud Form Vertical means lifting knees very high.

Proud Form Longitudinal means reaching far up the hill taking longer strides.

If someone calls out "TRACK" you should move out of lane #1 or #2