

## Bike Tip of the Month

If you have been doing all of your riding on your road bike and plan to start putting in some miles on your tri bike, start with shorter rides. Going on a 60 mile ride for your first ride in months on your tri bike probably isn't the best idea. Your legs and behind will thank you.

## Announcing The GGTC Mentor Program!

Want to assist new members in understanding triathlon training and racing protocols by directing mentees to appropriate triathlon resources? Meet your mentees at GGTC sponsored training and social events helping them to feel welcome? Assist new members with introductions to other

club members? Then volunteer to be a mentor. Mentors are not coaches, but rather, club members with enthusiasm for the club and triathlon. If you want to become a mentor, contact Dave Green at [president@ggtc.org](mailto:president@ggtc.org).

## How Do You Get Ready Race Day?"

by Mark McKee

Race day begins the night prior. My routine is to always have completed dinner at least 12 hours ahead of my race start and the earlier the race, the earlier I eat. For 15 years dinner has been salad, pasta with a simple sauce, bread and something sweet. That has always worked great for me. Quite often this pre-race meal includes a cold beer (it can really help you relax and get to sleep early.

The morning of the race I like to arrive plenty early to the transition site, close to the time it opens. I like to be well ahead of the stampede as the race nears. Once everything is set up I take off on my warm up run and find a quiet grassy place away from the crowd to stretch and think about the race. This means I never spend race morning in a rush or get caught up in the nervous energy of others. Then I like to get to the swim start early and get in the water. I feel it really helps. The first time I feel the real presence of everyone is as we line up for the wave start. I can't have much food in my stomach for the swim so often I will just have a tea and banana for breakfast, and then a Gu fifteen minutes before the swim. If the wave start is after 8:00 AM, I will have a Power Bar with my tea two hours or so ahead. I never drink the water/sports drink offered on the bike course. Post race, I always go for a short jog to prevent soreness and recover quickly.



**Check Out Duane Franks' Hawaii Ironman:  
1982-2003 Race Report Online  
[www.ggtc.org](http://www.ggtc.org)**



# GOLDEN GATE TRIATHLON CLUB

www.ggtc.org  
April 2004

## Letter From The President

GREAT WEEKEND at Wildflower Training Camp!

I had a great time hanging out with the Club and having a ton of quality training. I want to thank again everyone that made the weekend such a huge success -

Coaches **Phil Casanta**, **Duane Franks**, **Neil Frazier** and our own H2--**Holden Hardcastle**...**Sarah Rusby** for planning out every detail of the weekend and making sure there was enough beer for the post BBQ bag snatching contest...Head Chef and Transportation Director **Grant Richards** and his cooking crew for BBQing the Tri-tip to perfection...**Mia** for her Yoga classes and **Hallie** for coming to train and still find time and energy to give massages...**Andy M** for working the run course aid station and having the good judgment to resist mimicking the mile 4 naked aid station...and your board members that work behind the scenes to make this club work - Yuko, Stephnee, Fernando, Katie, K2, H2, Jason, Kathy P, Nikki, Brian, Cathy M, and Chris W. With training weekend over, we will look forward to focus on the "real thing" in a few short weeks.

## For Wildflower

1. Make sure choose GGTC as your Tri Club affiliation so we can unseat LA Tri Club as reigning Wildflower Triathlon Club Champion (we've gotten second place the past three years.) **PLEASE EMAIL FERNANDO** at fernando@impex.com and write **CLUB AFFILIATION** in the subject line **IF YOU HAVE NOT YET SELECTED GGTC AS YOUR TRI CLUB.**

2. We are still looking for volunteers to drive down to Lake San Antonio mid-week before the Wildflower race to set up the GGTC Tents and claim our campground space...we will have 100 to 200 GGTC-ers and its totally a blast if we can all camp together.

3. Contact Sarah Rusby for help getting the Saturday Night post-Long Course GGTC Pasta Party organized...we will need people to cook, shop, prepare, etc.

Keep on training and keep an eye out for an announcement about the Wildflower Kickoff Party!

## What's Been Happening?

- \* Great turnouts for both Tuesday and Wednesday track workouts
- \* Some awesome trail run options
- \* An updated website—yahoooo!!!
- \* Newsletters packed with great content
- \* New gear options...coming soon....
- \* Incredible speakers and events (wait until you see what Sarah has up her sleeve)
- \* Multiple options in the swim program with something for members of all levels
- \* The Tri & Give program going strong with many newly educated triathletes joining the club
- \* Lots of new bike clinics we've always wanted to offer and now are
- \* Tons of great rides and new ride leaders
- \* Continued and new sponsors allowing members even more options for discounts
- \* The return of the podium program-even better than the last (more on that in an upcoming newsletter)
- \* The new mentor program!

