

RACE SPOTLIGHT: WORLD'S TOUGHEST HALF

Want to get back to the roots of triathlon and test yourself over a tough course in one of the most beautiful areas around? Then next year consider Bradventures World's Toughest Half. Swim 1.2 miles - road bike 56 miles - run 13.1 miles, which includes a brisk swim at Lake Clementine. Road bike climbing of 5,600 feet in and out of mighty Sierra river canyons on smooth paved roads, then a scenic and challenging trail and pavement trails in Auburn State Park on parts of the Western States course. There's even



camping...right at the start/finish line. FOR FREE! Plus, you have the chance to race beside legends and current pros from the triathlon world. Where else can you stand INSIDE the transition area and watch Tim and Nicole DeBoom fly through transition, or have a beer with the winningest triathlete in the history of the sport, Scott Molina, or check out some of the fastest bikers in the sport close up? Congratulations to Duane Franks (30th overall and winner 45-49), Ross Johnston (winner Clydesdale division), and also to Jim Taylor, John Atkinson, Grant Richards and Karen Kofod for toeing the start line.

Duane Franks: Except for a few ups and downs, the course is fairly flat...and the water was only cold until I got numb. I raced last year also and knew then that this event would be on my calendar for years to come. Being out there with Scott Molina, Dean Harper, Andrew MacNaughton was just like old times for this, "old timer."

Dave Hinds (spectator and volunteer): The most fun I have ever had at a race, I will be back next year. It's a big time race with a local race feel.

John Atkinson: It was an awesome race. The course was amazing with spectacular views from the swim start all the way to the finish line. It was hard, but that's exactly what you expect from a race called The World's Toughest Half Ironman. I'll be back next year, no question.

Grant Richards: I'm looking forward to doing a nice flat course like Wildflower. (Editor's note: Grant had a smile on his face all day.)



Karen Kofod: World's Toughest Half Lives up to its name! Any half Ironman distance race is going to be a good workout at the least, but WTH presents some extra challenges, especially for the uninitiated. I showed up for the race not knowing what to expect other than what I could gather from the website. WTH is a beautiful course indeed, so if you can distract yourself from the pain of icy water, the never-ending climbing of the hills on the bike and the extremely technical and hilly run course, you are in for a treat. I tried to remember that I am lucky to be able to participate in this sport, and endeavor a race

like this even as my teeth chattered and quads ached. If nothing else, this type of venue is a good test of one's limits (and character, I was reminded). I was also impressed by the elite field - how cool to be suffering on the course with the likes of Tim and Nicole DeBoom, Gordo Byrn and Scott Molina, plus other cuties from other countries whose names I don't remember (Ed. note: Sweden, a lovely country), but who wow'd me with their awesome race performances. I learned a lot from the experience and will always remember this race.

Next year's race will be in late May, so the weather should be perfect. Information can be found at <http://www.bradventures.com/wt/wthalfhome.shtml>



WHAT MAKES GGTC THE BEST IN THE BAY!

SWIM PROGRAM -

<http://www.ggtc.org/swim.php>

- Please see the website for specific offerings.
- Open water swim program includes Aquatic Park swims Wednesday, Thursday and Sundays.
- We also organize various masters programs at local swim facilities.
- Burlingame masters runs periodically.

BIKE PROGRAM -

<http://www.ggtc.org/bike.php>

- Saturday morning bike rides will continue, with an emphasis on having more variety in the routes and some beginner workshops (free).
- We are also trying to put together some shorter morning workouts, such as hill repeats (free).
- Phil Casanta will be offering various clinics to improve your performance (cost associated).
- Michael McCormack has mid-week spin classes! (See <http://www.triathloncoach.com> for costs and info).

RUN PROGRAM -

<http://www.ggtc.org/run.php>

- Tuesday night track began in February and runs through November. 7pm, Kezar (member costs from \$3-\$5 per session depending on pkg you buy).
- We will have some beginner track clinics (included in price of track).
- Trail runs - Sundays mornings during the season, in and out of SF (free)!
- Running clinics such as "Chi Running" will be held periodically (cost associated).

MEMBERSHIP - GGTC membership is \$50/year. You can sign up on the website <http://www.ggtc.org/join.php> You get a 10% Sports Basement discount, plus a TON of other benefits. We are a not-for-profit organization, meaning that all the \$\$ goes back to the members. The more stuff you show up for, the more you get out of it. Workouts only have a cost if we pay for a coach or venue.

MEETINGS and SOCIAL EVENTS -

- Meetings are generally held the first Monday of the month unless a holiday interferes.
- Meetings will have speakers on topics such as: nutrition, injury prevention, training, past and current professional triathletes, product sponsors, etc.
- We're packed with social events this year, happy hours, post-track happy hours, parties, post run picnics, the year end party! Sign up for the discussion list on ggtc.org or check the site frequently for updates!



GOLDEN GATE TRIATHLON CLUB

June 2004
www.ggtc.org

LETTER FROM THE PRESIDENT



Members & Guests:

As Host Club for Escape from Alcatraz, GGTC has a lot going on. Our members are working hard with race producer Tri-California and race owner IMG to bring you a world-class triathlon. We want to welcome all athletes and their guests from around the globe to our playground - the 56 degree San Francisco Bay, 18 miles of hilly San Francisco city streets and our breathtaking Pacific Coast Trail...and don't forget about the annual

GGTC Post Alcatraz bash at the Triangle Lounge following the awards ceremony!

Make sure to check out the Club's ongoing activities, like our open water swim program, Saturday rides, track and trail running schedule, and our monthly meetings at the Sports Basement...this month we feature four time Escape From Alcatraz winner **Chris McCormack** as guest speaker. And keep your eyes open; coming soon will be sign-ups for the fall season of Tri & Give ("TAG"). GGTC will once again offer our TAG - Treasure Island program coached by Tri More Fitness. GGTC has donated more than \$15,000 to the Bay Area's Special Olympics raised through Tri & Give. See ggtc.org for all the details.

While we continue to look forward, it makes some sense to look back on a few recent successes. We sent 200+ members to Wildflower in May and won 2nd Place overall in the Team Division. We've also had several notable individual performances by Duane Franks, Jocelyn Sui-Yee Wong, Pieter Bas Leezenberg, Diana Sankovic, Cathy Morgan and others, plus a number of new members who have recently completed their first triathlon. Awesome job...Go GGTC!

Dave Green, President



Special Olympic Athletes with coach Neil, post-Wildflower, thanks to a relay team slot from TriCal!



Some TAG and GGTC members at the Ice Breaker Triathlon!



Kristina and Nikki go "head to head" for some open water swim competition at Wildflower training camp.

TRI & GIVE RAISES \$6,000 FOR SPECIAL OLYMPICS

In May we presented the Special Olympics with a check for \$6000! Thanks to all the TAG participants and coaches Neil Fraser and Laura Esterline of Tri More Fitness. TAG is a ten week coached training program available twice a year, that's geared towards newer triathletes and raises money for the Special Olympics! Training programs were organized for Wildflower Olympic and there will be another TAG program for the Treasure Island triathlon (or another race during this time frame). The cost is \$350 for non-GGTC members and \$300 for GGTC members, with profits going to the Special Olympics. Please contact Kathy Paveo for details (kpaveo@yahoo.com).

VOLUNTEERS OF THE MONTH

Since volunteers are very important to the club, a big THANKS-A-MILLION to our first five volunteers of the month for 2004. Also, there are so many people who stepped up and helped out at Wildflower with tent set-up, pasta party set-up, cooking, cleaning, and all the race supporters. A big thank you to you too!

January
February
March
April
May

Tanya Gabrovsek
Will Beaubien
Kathy Pavao
Andy Myers
Samantha Pinney

**DON'T FORGET ABOUT THE ANNUAL POST ALCATRAZ BASH - 4PM AT THE TRIANGLE LOUNGE!
SEE GGTC.ORG FOR DETAILS**

YOU SAY YOU GOT AN ALCATRAZ SPOT?

by GGTC Alcatraz Veterans

Now what do you do? We asked some GGTC Alcatraz veterans for tips for the big day and here are their thoughts. We have a 5-part series on the Escape from Alcatraz race. Some history, detailed information on the swim, the bike and the run, and a wrap-up. The series can be found here: <http://www.ggtc.org/alcatraz.php>. Good luck at the race!

SWIM



A few keys to enjoying the Alcatraz swim:

Relax on the swim, wait for most of your wave to clear the boat, hop in at your own pace, and take the swim easy.

Have a plan for the swim (i.e., landmarks to plot a course). Also, talk to some vets about what to expect during the swim.

If possible, go out beforehand with Pedro. That was the best money I ever spent. His video was also helpful. "Swimming from Alcatraz - A Guide for Swimmers and Triathletes" <http://www.openwaterswimmer.com/shopping/index.htm>.

Get in the bay before the race! I flew in from NYC for the race and had my first bay swimming experience when I jumped off of the Hornblower. My body never accepted the water temperature and, well, I had a slow race to put it mildly.

Swim in the bay or cold water 3 times a week. I also went to the Thursday night GGTC open water swims with Pedro every week starting in late February or early March. That was a big confidence boost.

Hydrate a lot while on the boat.

After you clear the boat, relax your arms and take deep strokes in the water.

Roll over on your back after about 5 minutes and take in the sight of Alcatraz behind you, it really is amazing.

Follow the pack, stay in the pack, you'll finish well and safely, you guessed it, in the pack.

There are no sharks in the bay. Really!

Don't forget to take in the sight of the Golden Gate bridge, Fort Mason, and the crowd of people you'll finish the swim in.

BIKE

If possible, ride or at least drive the course prior to race day. There are lots of turns and hills.

Go easy on the bike to start, there's some vicious climbing on the way out. Be very aware on the descents of other rid-

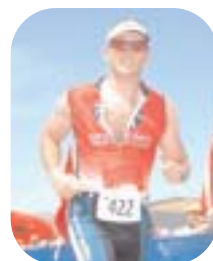


ers around you and turns you have to make. If you're not out to win your age group, then slow it down on the corners and once again, enjoy the sights.

If you need to hammer, do it through Golden Gate Park and on the way back through Crissy Field.

RUN

Probably the most fun run you can ever do. Be careful on the staircases, and stay left when going up or down. Walk the sand stairs, even the pros do. Once again, if you feel the need to hammer on the run, wait until the last 1.5 miles when you get off the last staircase on the way back, it's flat and fast.



The run clogs up on the paths, so make your moves on the road or Crissy Field.

Know that GGTC will do an awesome job with your stuff. It took me about 30 seconds to get my warm dry clothes at the end!

By the way...what are the two transition bags for?

At registration, all triathletes will receive two white transition bags with their bib number.

The first transition bag is for all belongings you would like to leave on the boat at the swim start. This may include a water bottle or shoes that you wore to the boat. Before you enter the water, put your belongings in the bag and leave it on the boat. You can retrieve this bag after the race. The bag pick-up will be located back near the Transition Area.

The second transition bag is for any belongings, such as running shoes, you would like to use for the one-half mile warm-up run from the swim finish to the transition area. Before you board the bus to the boats, give this bag to the race volunteers at the Marina Green. The bag will be transported to the swim finish where you can find it after exiting the water. Once you get your belongings from this bag, you can put your wetsuit and swim goggles in the bag and leave it at the swim finish. You can retrieve this bag after the race. The bag pick-up will be located back near the Transition Area.

How many pairs of shoes should I bring?

In total, you may choose to wear three different pairs of shoes throughout race day. You can wear one pair on the boat before the race start, a second pair for one-half mile warm-up run from the swim finish to the transition area, and



a third pair for the run portion of the event. As an option, you may choose to wear the same shoes for the warm-up run and the run portion of the event. However, as you start the run portion of the event, this pair of shoes may still be wet from warm-up run, and there is always a small chance that your swim transition bag is misplaced. It's suggested that you have your main running shoes at your bike/run transition.

WHAT CAN YOU SAY ABOUT THE ALCATRAZ VOLUNTEERS?

They are awesome!

Godsends.

Wonderful!! And if you are not competing, being a volunteer is a blast so recruit your friends to join in on the action!

Awesome!
Especially the Finish Line Food committee!

They make this a great race.

Life Savers!

Extremely helpful and full of energy.

The volunteers are great, that's what can keep you going when you are getting tired, especially that last mile of the run back to Marina Green.

This race would not be possible without these folks. I think that Tri Cal should implement a system that gives priority for entry to those who have volunteered in the previous year. The volunteers are incredible-- the race would not happen without them.

That's right--the race wouldn't happen without the volunteers! As host club, we are responsible for providing all the volunteers for this great race, so if you aren't racing, or have family or friends who would like to help out, go directly to the volunteer tent on race day-and mention GGTC sent you!

Volunteers get the appreciation of the Club, the athletes, Tri California, a great t-shirt, lunch and an invite to the most happening post-race party around! See ggtc.org for details!

WILDFLOWER OLYMPIC RACE REPORT

by Tri & Giver Sharon



Some TAGers smile with confidence before the Wildflower Triathlon!

Well, I survived the Wildflower Olympic triathlon. Hotter than hades so my time was not great but at least I finished.

A lot of us wore yellow ribbons to remember Alan and in honor Jill of the Mountain View Masters (they were both supposed to do this race too). [Ed. note: Alan Liu was killed and Jill Mason was seriously injured on Easter Sunday when they were hit by a drunk driver in Napa, while training for this race.]

A brief synopsis of the race:

Swim (1.5K): terrific (the coolest part of the race)-except I thought I was halfway done and realized that I was just under a quarter of the way done.

Bike (40K): Hot, hot and then a hot wind with the first mile a steep up-hill. Overall felt good but was worried about the run.

Run (10K): Very tough.

I started at almost noon exactly and felt exhausted and dizzy after I put on my shoes and stood up in the transition area.

I was walk-running the first two kilometers and was ready to chuck it all and stop when I spotted a racer in a bright yellow t-shirt that said "9 months cancer-free". I realized how lucky I was to be able to be there at that crazy race and was able to start a light jog.

The finish line, when they called my name on the loudspeaker and I heard my friends yelling for me to keep going, made it all worth it. With temps at around 100, I was glad to be done. All of my teammates were able to finish too.

Throughout the hot day there were lots of cheers and hoses and cups of water to cool off from the Cal-Poly students that volunteered at the race. They were great for support.

Thanks to everyone for your kind words and support since I started training. I really appreciate it.

-Sharon

P.S. ANYONE can do this...believe me. If anyone wants to start to train for a mini + tri, let me know. The more the merrier.