



GOLDEN GATE TRIATHLON CLUB

www.ggtc.org

JANUARY 2005

LETTER FROM THE PRESIDENT

Members and Guests:

Happy New Year!

Welcome to the Golden Gate Triathlon Club. Whether you are a returning member or a prospective one, we extend the welcome mat and invite you to come on in and stay a while.

The "off season" is over (or nearly so, depending on your personal schedule), and it's time to get ready for the 2005 triathlon season. We are excited to see you at the January club meeting, which will feature an expo of the club's sponsors and partners from triathlon and cycling coaches to chiropractors, massage therapists, performance testing centers and gear vendors. Group workouts are starting back up too with Saturday rides already underway, several options for masters swimming announced and track set to begin in early February. Your Board of Directors has been working hard behind the scenes to bring some new and exciting things to members in 2005 including a revamped website mid-month, new uniforms from Voler featuring better fit and more gear choices, an expanded group of club sponsors and partners with valuable discounts and great services and goods, and an exciting lineup of monthly meeting speakers and topics – all stuff you can really use to shape your triathlon season, get some great tips, prevent injury and achieve all your goals (well, the triathlon-related ones anyway).

This is your club - take advantage of it! Not yet a member? Welcome! Come and check out what the club has to offer and find out why we are the Best Triathlon Club in the Bay Area!

Karen Kofod
GGTC President, 2005

YEAR END PARTY AWARD WINNERS

Male Athlete of the Year: Pieter Leezenberg
Female Athlete of the Year: Kristina Hentschel
Male Rookie: Tilden Moschetti
Female Rookie: Jennifer Villamin
Most Sportsmanlike: Fernando Chilvarguer
Most Inspirational: Neal Fraser
Most Improved Female: Cathy Morgan
Most Improved Male: Grant Richards
Most Likely to be Institutionalized: Fred Mendez
Unsung Hero: Sarah Rusby
Volunteer of the Year: Tilden Moschetti

BEST OF THE BAY COMPETITION

Best Triathlon Club

- 1 - Golden Gate Tri Club
- 2 - PacWest Athletics
- 3 - Forward Motion Sports

Best Cycling Club

- 1 - Velo Girls
- 2 - Golden Gate Tri Club

Best Road Running Club

- 1 - San Francisco Road Runners Club
- 2 - Golden Gate Tri Club

LETTER FROM THE EDITOR

Welcome back to a great new year! January's newsletter is intended to be a quick greeting to the club and wet your appetite for what is to come. As Karen mentioned we have a number of exciting meetings planned, a new web site, and the newsletter has been redesigned.

To make the newsletter as great as it can be, I need your help. It is very easy to be a newsie here: just send me an article, any length (but I will edit down to size if necessary), on any triathlon topic. This means a great race report, something you have looked into on technical issues, whatever you can dream up and put on paper.

Another new feature is 'Ask The Tri Coach'. Email me any questions about training, technique, races, whatever and I will select some for publication. I'll even find out answers for you from our esteemed triathlon experts!

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TRI AND GIVE IS COMING!

Are you looking for a new challenge to make 2005 one you'll never forget? Or maybe your friends, family, or co-workers have expressed their desire to give your crazy triathlon habit a try — either way, Tri and Give is here to help you meet your challenges and goals! We'll be having an information meeting on Wednesday, January 26th at 7:00 pm at Sports Basement Presidio to discuss the program.

Tri and Give will energize your daily routine and train you to be a triathlete. We're looking for ordinary people ready to experience an extraordinary event. You will be training for the Wildflower Olympic Distance Triathlon, Sunday, May 1, 2005. You will swim 1 mile, bike 24 miles and run 6.2 miles. When you cross the finish line, the trilogy of triumph is an adrenaline rush beyond compare, with bragging rights to match.

Neil and Laura Fraser, our TAG coaches and accomplished triathletes themselves, will head up this ten-week training program designed specifically to fit your level or fitness and ability. The Golden Gate Triathlon Club will provide you with experienced volunteers and membership in the club voted "Best of the Bay" three years running!

And feel great about giving back to the community! All program fees, less administrative costs, go to local charities that help kids and promote athletic activities. We've given over \$23,000 to charity since the program's inception.

TAG Training will include:

- Three coached group workouts per week.
- Learn techniques to safely and effectively improve your swimming, strengthen your biking and add speed to your running.
- Clinics that will cover everything you ever wanted to know about triathlons but were afraid to ask.
- Additional e-mail support to fuel your passion and encourage your commitment.
- Equipment overview, evaluation and recommendations
- Weekly training programs emailed to you detailing every phase of your training
- GGTC annual membership
- Travel, Train and Race with the TAG TEAM.

information Meeting: Wednesday January 26, 7 pm. Sports Basement

Kickoff Meeting & Social: Wednesday February 16, 7 pm. Location TBD.

Signups are coming soon! More information is below. Any questions in the meantime please feel free to contact me at kpavao@yahoo.com.

2005 Board of Directors

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