

# PAC Team Newsletter

November 1, 2010



## New Workout Schedule!

Have you checked out the new [Winter PAC Practice Schedule](#) yet? The pool has been hopping with the PAC/Masters swim practices. You have four opportunities a week to get in – what are you waiting for? Also, PAC members have been giving those muscles some much-needed attention. We have Core class on Tuesday night and Strength training class on Thursday night before our swim practices. Do you have a bit of a nagging injury or is that six pack a little too disguised for your liking? Come on out – we will Pump You Up!



Thursday night Strength Class



PAC/Masters Swim Practice

## Ironman Austin 70.3 – October, 17, 2010

Team PAC had several athletes participate in Ironman Austin 70.3 (formally known as Longhorn 70.3) a few weeks ago. We had numerous PR's as well as many first-time finishes. The PAC Team tent was setup throughout the day and served as a great home base for the athletes and their spectators. Rumor has it beer and banana bread are more than enough to get one through a grueling day of cheerleading.

Congrats to these awesome PAC athletes for a job well done:

Greg Edwards-New PR  
Dustin Binnicker-New PR  
Christopher Day-New PR  
Buffy Weaver-New PR  
David Bushore-New PR

Keri Rimel – First Half Completion  
Adri Kruger-First Half Completion  
Brenda Sparks-First Half Completion  
Jenny Broussard-First Half Completion

## Ironman Austin 70.3, con't

Brenda Sparks completed her first half ironman at Ironman Austin 70.3. "It was the hardest event I have ever completed and my biggest accomplishment is learning to swim 1.2 miles in open water in 7 months since the last time I actually swam was in 2003. I had a calf cramp in the swim and still finished the race and battled through 7 miles of the run with knee pain in my left knee that made me wince. I also finished the event over 15 minutes faster than the fastest I could have imagined finishing." It is safe to say Brenda's hard work and determination definitely paid off (and those PAC open water swims probably did not hurt either)!



Brenda Sparks gearing up for her first half ironman



Adri Krueger finishing her first half ironman

Adri Krueger also finished her first half ironman that Sunday. Check out her race report [here](#). She smashed her goal of seven hours by almost an hour! Adri is planning to head to IMAZ later this month to volunteer and sign up for IMAZ 2011. We wish her the best of luck in this exciting upcoming year

### SAVE THE DATE!!

PAC is having a **PARTY!!** Friday, November 19. Details to follow.

### PAC Race Schedule

Click [here](#) to view and update the schedule

### Friday Night Run – Location Changing

Important note for the Friday night diehards. We are changing locations for the Friday night run location. We will be meeting at [Pease Park](#) starting Friday, November 12 to do a little working out on the Rainbow Hill. We are about to run out of daylight and the trail is not entirely safe to run in the dark – we would like you to hold on to the skin on your knees and functioning ankles as long as possible! Workout time is still 6:30 and a map to the meeting spot is [here](#). Never been to a Friday night run workout before? We have fun. We have even more fun wassailing afterward.

## Wednesday Morning Track Practice – Time Changing

Another important note: Track Practice will be moving from 6:15am to 6:00am starting Wednesday, November 10. Hopefully a few more people will be able to make the workout and make it to work on time this way.

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## The Jet Has Landed

Announcing the newest member of PAC: Jetlyn Joseph Bostad, son of proud parents Jessi and Shawn Bostad. Jet was born Monday, September 27 after a grueling 60 hour marathon of labor. Keep an eye out for Jet sightings – he was most recently seen at Uncle Billy's during his first night of wassailing. We fully expect him to be swimming, biking, and running with the rest of us in no time.



## Who's Racing This Month??

The triathlon season has wrapped up for several PAC members, but a few others still have one more A-race on their calendars.

### Ironman Florida

Saturday, November 6

Panama City Beach, FL

Lindsey Clements



### Ironstar Half Ironman

Sunday, November 7

Montgomery, TX

Jennie Hoelscher

Robin Hulsey

Kathleen Woodhead



## PAC Members Helping PAC Members

We wanted to share a note from PAC member Emily Phillips:

Just wanted to shoot some info your way about Blue Dog Rescue. I volunteer as a foster for the group, the website is [www.bluedogrescue.com](http://www.bluedogrescue.com). If you go to the Available Dogs link my current foster is Snuffleupagus.

We are a 501(c)(3) made up entirely of volunteers. We pick up dogs from local shelters (Town Lake, Bastrop, Williamson County, San Marcos, etc.) and foster them in our homes until they are adopted out. All dogs are updated on vaccines, spayed/neutered, microchipped, socialized around town and given basic training. Our adoption process includes an adoption application as well as an initial meet up followed by a home visit. During the home visit the potential adopter can take 1-3 weeks to decide if the dog is a good fit before we finalize the adoption.

We will have a water stop at Run For The Water this weekend. I've been told that we'll be out at mile 4 if the PAC runners want to keep an eye out. I'll be sure to tell all the volunteers to keep an extra eye out for any PAC peeps. Also, Blue Dog is one of the charities for the Austin Marathon 26 miles for 26 charities. We are always looking for more runners willing to run either the half or the full and raise money for Blue OR make contributions towards Blue Dog runners. I will be running the half marathon (my first, huzzah!) for Team Blue. If anyone is interested, the link for more info is <http://www.bluedogrescue.com/marathon.htm> and the contact to sign up to run is [pat@bluedogrescue.com](mailto:pat@bluedogrescue.com) Blue Dog also has a water stop at the Austin marathon at mile 14 (we just barely miss out on cheering on the half marathoners) and we're typically the loudest and proudest I've gotta say.

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## PAC Sponsors



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Do you have news? Email PAC Team Coordinator, Kathleen Woodhead, at [kcwoodhead@yahoo.com](mailto:kcwoodhead@yahoo.com) and we'll include it in the next newsletter!