

PAC Team Newsletter

November, 2011



Tri Season is Coming To An End

But don't be sad! PAC is having a PAR-TAY this Friday. See details in the [evite](#), and make sure to RSVP! Also, there are numerous opportunities to keep racing – road races, trail races, mountain biking, and cyclocross. You certainly should not get lonely looking for something to stay competitive! If you are doing a race/event, please let the rest of the group know by updating the [PAC Race Schedule](#)!

Ironman Austin 70.3



Eric Fluhr giving the PAC cheer squad a thumbs up!

Pure Austin Coaching had a record fourteen athletes compete at the [Ironman Austin 70.3](#) in October. As usual, it was a scorcher, but PAC did not let the heat get the best of them. We had several first timers as well and had a 100% success rate! Congrats to everyone who raced – we as a group are coming a long way!!

PAC also had many members out working hard on the course. THANK YOU for volunteering – these races cannot go on without volunteers!

First Time 70.3 Finishers:

Diana Ferguson
Jeff Gjertsen
Jordan Dolman
Keris Ward
Kusko
Ryan McLagan
Stuart Ward

“Seasoned Veterans”

Donnell Borash
Elizabeth Moorehead
Elizabeth Smith
Eric Fluhr
Fred Placke
Jennifer Calland
Josh Seidman

Kerrville Triathlon Festival

Several PAC members headed to Kerrville October 1-2 for the first annual [Kerrville Triathlon Festival](#), put on by local favorite race production crew [High Five Events](#).

The festival consisted of a sprint triathlon on Saturday and a Quarter and Half Ironman on Sunday. No surprise, there were several notable performances by PAC members.

Leslie Alexander Paffe (note the new last name – we also have a marriage to celebrate!) completed her first half ironman. Leslie did this race as a fundraiser for the Wounded Warriors at Brook Army Medical Center in San Antonio and said the experience of training and racing the event was one of her greatest accomplishments ever. We LOVE to hear stories like that – it is what Team PAC is all about. Check out her amazing photos [here](#). (Team Mom's favorite picture is the hug at the end!)

Adri Krueger had an excellent race paving the way for the upcoming Ironman Arizona – her first Ironman race in less than two weeks!

PAC veteran Greg Edwards had a great season-ending race in the quarter ironman by placing second overall and taking the win for his age group. Wow!



Greg Edwards after his winning race

Brenda Sparks – Lighting Up the Races!



Brenda and her husband – ROCKSTAR volunteers at Ironman Austin 70.3

PAC member Brenda Sparks had a pretty big September and October. First, she raced her first Olympic distance triathlon at the Austin Tri and PR'd the 10k – fresh off a leg injury!

About a month after that, she set a HUGE PR in the Denver Marathon. Thankfully, the snow that hit Denver in an early-season storm cleared up just in time for the race and left near-perfect race conditions. Brenda shaved 24 minutes off her previous marathon time to grab a 4:36 finish. Way to go Brenda – you rock!!

Meet PAC Intern Frank Sarosdy



Most of you have probably seen Frank already. He is the PAC intern here to learn all of the ways of Shawn. With little experience in coaching he was drawn to PAC after talking with Shawn at all the races and events around town and seeing Shawn's methods and knowledge as a coach. He is currently in his final semester as an undergraduate at St. Edwards University studying Kinesiology. He has been a triathlete for 3 years and excels at Olympic distance racing. When Frank is not running, biking, or swimming he is training other people. He works as a personal trainer and provides first-class weight loss and conditioning to people of all ages. At the early age of 16 people were coming to him with questions on how to exercise, diet, and train. He quickly found himself a career in something he loved to do. Working in the field of fitness was just not enough and he would find himself at the age of 20 fully engaged in the sport of triathlon. With a childhood background in swimming and with high school experience as a cross country runner he was destined to become a triathlete in college. Frank is a dedicated athlete, an elite amateur, and hopes to one day race professionally. His best 2010 performances are a 2nd overall at rev3 Knoxville, a 2nd overall at the Los Angeles triathlon, and a 5th at the Dallas open. He loves to share what he knows about triathlon and is very friendly so feel free to say hi or ask questions.



Jackie Bayly-Bryant after a great race at the Trek Women's Tri



Coach Shawn at Ironman Austin 70.3 – ready to take care of his athletes?

PAC Team Gear

PAC is ordering new team gear very soon – we want to make sure we kick off next season in style! We will be ordering t-shirts, bike jerseys, tri tops, tri shorts, and possibly a few other items. Keep your eyes on your inbox for ordering information.

A Fabulous PAC Success Story – Rena Brubaker

What can I say? It sounds cliché, but PAC really did change my life!!!

I joined about a year ago, mostly so I could swim because I had developed a chronic knee issue from running. I figured maybe I could work on my swimming stroke/technique, enter some swimming competitions around the state, and just enjoy being a swimmer again. I started rehab for my knee, but doctors telling me not to run was certainly no fun to hear since running has always been a huge part of my life. I come from a vast sports background as a kid, swimming and running most of my life with some softball and basketball thrown in the mix for fun! My PT suggested some indoor spin classes for a bit of variety, so I started coming to PAC cycling practices. Boy were they hard at first!! I thought I was going to die the first couple I went to, but I really loved working so hard during a practice and seeing that this was something I was going to have to work hard to get good at.

Cycle practices morphed into purchasing my first ever road bike earlier this year, switching from years of non-competitive mountain biking. I searched the multisport forums and boards looking for Aquabike races. I thought this might be a real possibility for me taking the run entirely out of the mix. Through the winter I had started running again, and while very slow, at least I was doing it and enjoying being back out on the trails! When my Aquabike search provided no viable racing options close to home, I started considering a sprint tri and told myself I would walk whatever part of the run I needed to. In April, I entered Skeese Greets, had an awesome swim and bike, but crashed on the run. Not because of my knee though, I just hadn't learned how to properly pace myself at that point! After that race I was hooked!!! I wanted to be a triathlete...whatever it took!!

I was so inspired by the stories of the individuals I met in PAC...multi-Ironman finishers to people just like me starting out in a sport and taking on an event they really weren't even sure they could complete! I asked tons of questions, watched the "veterans" at practices and tried to pick up anything from their techniques that would help me, worked with a nutritionist, practiced the all famous "flying squirrel" out in front of my house with all the neighbors watching, spent

hundreds of dollars on "cool new tri gear", and worked my butt off in practices...literally...I've lost about 10 pounds since joining PAC a year ago. Every step of the way my PAC friends and coaches were so encouraging!! After all, they are the one's who "know I can do a 1/2 Ironman" when I'm still not quite sure but willing to give it a try!

PAC has become, somewhat, of an extended family to me. I look forward to my weekly workouts and practices with my friends just as much as I do spending time with my family. I never thought I would be sitting here a year later contemplating my first 1/2 Ironman, but that's exactly what I'm doing! A great first season of races topped off with my first Olympic distance finish in a time of 3:06:58 is truly inspiring to me, and shows me that anything seems possible with a little hard work and dedication!

See you all at practice!!

Rena



Rena at The Austin Tri

Base Training During the Winter

Frank Sarosdy

Winter for a triathlete is a time to rest, recover, and then vigorously prepare for next season. For many reasons it is beneficial to take a few weeks off from training. The amount of time you take off varies per person. I recommend 4 to 6 weeks break with some unstructured, fun exercise activities during this time. This helps to break up the monotony of structured training and will also get you more eager to train when you get back into the swing of it. It is also a good time to break your diet if you have one (luckily thanksgiving and Christmas occur within 6 weeks of each other). Most importantly though it is important that you have a plan to regroup, get out of your offseason, and back into training.

A good way to make sure you will get back on track with training is to have a coach keep you accountable. All this means is that you and your coach set a date, and on that date your coach contacts you and pulls you back into the swing of training. Another option that I personally choose is to gradually build back into your training sessions with super slow, super easy, fun workouts. I say fun because I like to do them with friends and I don't take the workouts seriously. I take long breaks, eat snacks during, and occasionally the workouts involve alcohol. In this way one can slowly build themselves back into a training routine while enjoying themselves at the same time and not

getting stressed out.

Once you are back into training remember that the season is far away and your training will typically be focused on building an aerobic base. This base is what really allows your body to get to the next level of speed, but it takes a very long time to develop. This means going slower for longer and focusing less on speed.

Remember that in the winter you should wear clothing that allows you to start out uncomfortably cold and get warm as you go. What you want to avoid is sweating. The sweat you lose in cold weather does not contribute to body temperature because of your clothing and will only dehydrate you. Bring some water, but do not force it down. Always (even in heat) drink water and electrolytes equal to your sweat losses. In winter obviously this means drinking less.

From my years of winter training when I am going for a long ride I like to bring one water bottle just in case and a lot of gel. Put a little bit of electrolytes in the water as well but not as much as you would during the summer. It is best to consume about 50 grams of carbohydrate per hour for workouts lasting two hours or longer. Make sure your gel or bar is not high in sodium as this will require more water intake. For workouts lasting three hours or more

try to plan for a bathroom break. While you may not be sweating, workouts that are this long and slow keep your metabolism low and thus you will probably have to go. It is a good idea to drink some water, about one water bottle every two hours, just for the sake of being healthily hydrated, but again plan to go to the bathroom.

Most importantly the winter is a time to focus on efficiency. Because you have a lot of time to go slower it is very important to work on form during the winter. Developing technique skills gains the greatest improvements in speed in the least amount of time. So for this ask a coach what they think of your form, watch videos of swimmers online, I recommend Ian Thorpe and Grant Hackett. For running the best videos for demonstration are of ultra-marathon runners. Look up ultra-marathon on YouTube. The reason you want to see ultra-marathoners is that unlike swimming, in running the length of your stride changes when you go faster. This makes it a much better idea to follow ultra-marathon runners technique because it will be more similar to the technique used in long distance aerobic training which you use in your winter base training. Again the best resource is always your coach and if you ask for help your coach will provide it. Have a safe and healthy winter!



PAC Hits the XTERRA WORLDS Scene!

PAC member Mel Etherton competed in the Xterra World Championships in Maui, HI in October. She kicked butt! Below is a brief recount of her experience:

The short version:

It was an incredible experience to race at the XTERRA World championships in Maui. Just last year in spring, Shawn was patiently teaching me how to swim, and now I was racing the best off-road triathletes in the world. The months of training with PAC paid off though, I finished 10th in my age group. The picture shows me with my friends Sarah and Amy after the race with Shonny Vanlandingham, 5 time mountain bike National Champ and 2 time XTERRA National Champ. She had ACL surgery just before Worlds (hence the crutches).

The rest of the story:

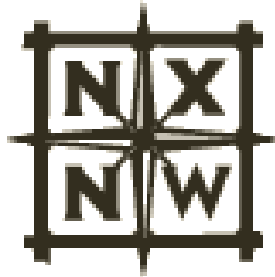
I was terrified of the swim, a mass start with 700 competitors and my first race in the ocean. Luckily I had figured out just a few days earlier that beyond the surf, the waves aren't nearly as bad as they look. The start with the upbeat music and all the spectators seemed more like a big beach party than race and with my incredibly supportive husband around and all our friends from Texas I almost forgot to be nervous. Miraculously I made it through the swim with only a few gulps of saltwater in my stomach and only a few kicks in the face. During the ride, the climbs were

steep, slow and long, but the hardest part were the downhills because there was so much dust I had no idea where I was going most of the time. We were so far off the beaten path that no spectators were around, but in good XTERRA tradition, we were cheering on each other between the competitors. I made it back before I even realized it, but obviously slightly confused. I ran into transition and racked my bike right at my bright yellow transition mat -- but that wasn't my stuff on it. What? My bright yellow mat was exactly one rack further down the hill. What a rookie mistake. Oh well, I re-racked the bike in the correct position, grabbed my race number and hat and started the run. I was determined to run the complete course, despite the steep hills I was expecting. The first 3 miles were all uphill, and I ran past a lot of walking competitors and felt really good about that. All the hill repeats and speed practices with the PAC had paid off, my legs were cooperating. Then I got to mile 3 and was devastated. I expected the trail to start to go downhill, but there it was, a long, grinding uphill still to overcome. There was not a single person ahead of me or behind me who was running, so I reluctantly succumbed to my screaming legs and walked that hill. I recovered and made it through the rest of the run leg without walking, even through the beach run and the uphill finish. I am still convinced I was sprinting to the finish very, very fast :)



Mel (#231) after Xterra Worlds

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Do you have news? [Email](#) PAC Team Coordinator, Kathleen Woodhead, and we'll include it in the next newsletter!

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