

# PAC Team Newsletter

March 1, 2011



## PAC Members Rocking the Races

Team PAC has been working hard and it has been showing. We are knocking off PR's left and right on the road during the winter running season. Conditions have been less than ideal on many of these race days as well, but that has not seemed to stop PAC from kicking butt! Many attribute their success to early Tuesday and Thursday mornings at Anderson HS for Shawn's track and tempo workouts. Others are attributing their general improvement in strength and fitness from all of the PAC workouts. Keep up the hard work – it is paying off!!

### Decker Half Marathon – December 2010

Alan Langham - 1:26; 1st place M35-39!  
Angela Jenkins - 2:17; huge PR!  
Buffy Weaver - 1:49  
Josh Seidman - 1:45; first half marathon!  
Keris Ward - 2:31; first half marathon!  
Kathleen Woodhead - 1:57:31  
Maggie Dolch - 2:28  
Noel Adorno - 2:00  
Stuart Ward - 1:34; first half marathon!

### 3M Half Marathon – January 2011

Alan Langham – 1:27  
Angela Jenkins – 2:17  
Brenda Sparks – 2:08 (huge PR!)  
Buffy Weaver – 1:44  
Carrie Riche – 2:22  
Christina Edwards – 1:40  
Chris Bartz – 2:01  
Daniel Guerreo – 1:25  
Dave Bushore – 1:43  
Josh Seidman – 1:49  
Mel Magallanez – 1:45 (huge PR!)

### Other January-February 2011 Races

Jennifer Schwartz – Bandera 50k Trail Race – 5:13 (4<sup>th</sup> woman overall!!!)  
Jennifer Schwartz - Rock 'n Roll Mardi Gras Marathon – 3:20 (huge PR!)  
Kathleen Woodhead – Houston Marathon – 4:10 (18 minute PR!)

### Livestrong Austin Marathon and Half Marathon – February, 2011

Simply put, PAC kicked butt!!! On a Sunday morning with start line temps higher than the finish line temps for the last several years, many members of PAC showed up and showed that oppressive, hot, humid, (and did I mention hilly?!) course who was boss. Several team members finished their first marathon, after months and months of training. Coach Shawn was out on the course at mile 23 and Team Coordinator Kathleen was at the top of the last hill to encourage the PAC team members along the way. Several of you reported back to us about your race, which we love! Here is what some of you had to say. **Kusko (2:48)**: “YES! I did the 1/2 Marathon. First race ever so just finishing is my PR! It was stupendous! I'd do it again and both your and Shawn's advice was great. Of course the next day I waddled like a penguin, but it's all good.” **Carrie Riche (5:29)** ran her third marathon in Austin, and it was a PR! **David Bushore (3:59)** and **Buffy Weaver (3:58)** were both looking strong coming up San Jacinto on their way to sub-4 hour marathon finishes. **Josh Seidman (4:27)**, **Angela Jenkins (5:12)** and **Chris Bartz (4:40)** each finished their first marathon that day. **Laurie Viault** “finished in 4:55 which is a PR considering the only marathons I have done are ironman marathons.” **Dustin Binnicker (4:26)** and **Alan Langham (3:13)** held it together to finish strong on a less-than-ideal day. PAC's favorite couple, **Shelli and Noel Barnes** finished their second half marathon in an impressive **2:01**. **Sandeep Shah** had a half marathon PR with a **1:37** –not too shabby Sandeep! Team Mom **Kathleen Woodhead (2:11)** had far more fun cheering for the full marathoners than racing the half marathon. **Tracy O'Hargen (1:44)** ran her first half marathon as well (no doubt with a huge smile the whole time!).

## Upcoming Races

Saturday, March 19 – [Race for the Altar](#) Trail Marathon, Half Marathon 5k  
Saturday, March 26 – [Champions Tri](#) Sprint and Olympic Triathlon and Duathlon  
Sunday, March 27 – [Statesman Capitol 10k](#)

### PAC T-Shirts!!

We still have [PAC T-shirts](#) if you want one! There have been several reports of these shirts not being taken off for days at a time. We will leave opinions on lack of bathing to you, but will agree that they are so comfy you won't want to take it off!

### PAC Race Schedule

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

## PAC Periodizations

"What is a periodization," you ask? A periodization is a training schedule specifically tailored to a specific race, with specific heart rate/power zones prescribed for each workout. PAC is offering periodization schedules for several Ironman and Half-Ironman races for the 2011 race year. The first few of these start during the month of December, so get on it if you are racing one of these races! We will also be offering Sprint/Olympic distance periodizations coming up in the spring. Pricing information will be available on the PAC website shortly. [Email PAC](#) if you are interested in a periodization.

**\*\*NEW THIS SPRING:** PAC members will also now have FREE access to basic Sprint and Olympic distance periodizations, created by Coach Shawn. Look for information about the schedules coming out soon. Also, please tell any of your friends who may be interested in "trying a tri" about this new perk – we hope our beginner-friendly initiative will help introduce a few more people to the sport and to Team PAC.

### Ironman Events

Ironman Texas-Memorial Hermann Ironman-May 21 <sup>st</sup>	22 week training plan-Start Date-December 20 <sup>th</sup>
Ford Ironman Coeur d'Alene-June 26 <sup>th</sup>	24 week training plan-Start Date-January 10 <sup>th</sup>
Ironman Florida-November 5 <sup>th</sup>	24 week Training plan-Start Date-May 23 <sup>rd</sup>
Ironman Arizona-November 20 <sup>th</sup>	24 week Training plan-Start Date-June 6 <sup>th</sup>

### Half Ironman Events

Memorial Hermann 70.3 (Galveston)-April 10 <sup>th</sup>	16 week training plan-Start Date-December 20 <sup>th</sup>
Buffalo Spring 70.3-June 26 <sup>th</sup>	16 week training plan-Start Date-March 7 <sup>th</sup>
Longhorn Austin 70.3-October 23 <sup>rd</sup>	16 week training plan-Start Date-July 4 <sup>th</sup>

## PAC Team Tips and Tricks

Each month, we will be including a list of tips and tricks, supplied by you, the team members, or anywhere else we may find something we think is worth sharing. We will keep a running list, so please send them along anytime you think of one!

1. Bring an extra pair of old running shoes or flip flops with you to your triathlons. With the varying water levels and terrain in the area, you never know if your run from the water is going to be a quarter mile of rocks and thorns, or fifty feet of carpeted bliss.
2. Doing your first triathlon, half ironman or ironman? Make sure to take in the sights at the finish chute. Make eye contact with spectators, high five people and take a mental picture. It's something you'll keep with you the rest of your life. SAVOR THE MOMENT!! (from Lindsey Clements)
3. Make sure your bike is in an easy gear when you rack it in transition, especially if you have to climb a hill shortly after starting the ride –that way it is ready to go and you can just focus on riding from the start as opposed to frantically trying to find the right gear as soon as you get on.
4. Smile! This is supposed to be fun.

## PURE Austin Expo – Saturday, March 5!!

Save the date – THIS SATURDAY, PURE Austin will be putting on an Expo at the Quarry Lake Location. Our own Coach Shawn will be speaking, teaching, and performing demonstrations throughout the day. We will have our PAC tent setup. Come out and join us! Check the [EXPO schedule](#) to see all the fun activities they have planned. Shawn will speak on Improving Sports Performance in the nutrition bar at 10:15am, will be hosting a PAC practice at noon at the PAC tent, and will be doing a Lactate Threshold test demonstration on one lucky PAC member at 1pm. Come for part or all of the day – it is going to be an awesome event!

## PAC Members Helping PAC Members

PAC Member Rena Brubaker has caught the bug! She's new to the sport and does not have a bike yet. She is interested in buying a used road bike and wants to know if any PAC members have one they are looking to sell, or if they might know anyone else who has one to sell. Rena is probably looking for something around a size 54. [Email](#) her if you can help her out!

PAC Member [Jackie Bayly-Bryant](#) works for the American Cancer Society and needs our help. Please look into this study and consider helping out. The dates for the initial sign up sessions are March 1-5, so act quick! Jackie's note: *I was wondering if you could help me promote a research study that the American Cancer Society is conducting here in Austin, March 1-5, in the PAC newsletter? It is called the Cancer Prevention Study III (CPS-3) and our goal is to get 1,000 adults to participate from CTX (which is a portion of the larger nationwide effort to recruit 500,000 adults.) CPS-3 tracks/studies the health of participants over a 20-30 year period which will help researchers better understand the genetic, environmental and lifestyle factors that cause or prevent cancer. Having athletes participate will shed more light on the cancer prevention benefits of being active long term. Our Facebook page is [Facebook.com/austincps3](https://www.facebook.com/austincps3). The national website is [cancer.org/cps3](http://cancer.org/cps3).*

## Spring 2011 PAC Training Schedule

Spring is right around the corner (or is it already here?)! Daylight Savings time is also coming as well. What does that mean? It means we can get back in the quarry before too long. Be on the lookout for announcements regarding the Spring training schedule. We are working on it now!

### Weekend Long Runs with Rogue!

Team PAC and Rogue Running have teamed up to offer PAC members an awesome discount for their Weekend Long Run Program. Normally priced at \$32/month, Rogue is offering this program to current PAC members at a discounted rate of \$15/month. You can see information about this program [here](#) (current program) and [here](#) (ongoing program beginning mid-January). As this offer is available to current PAC members only, please [email PAC](#) to obtain the discount code and registration information.

Rogue provides a long run for all runners – all paces and distances are available each Saturday morning. Once signed up, you will receive a weekly update email from Rogue with the weekend schedule and routes. Additionally, Rogue provides water every few miles on each long run as well as detailed maps/direction sheets to make sure you do not get lost. There are TONS of runners out there every Saturday morning, so rarely does anyone end up running alone.



### Check out Sunday Rides with Jack and Adam's

Have you been out to a Sunday ride with Jack and Adam's yet? If you haven't, why not? Perhaps you have gone to one of their monthly Steiner Ranch Steakhouse rides. Those are awesome – a 16 or 30 mile ride followed by half-price brunch with a view that is second-to-none. Sunday shop rides are free and leave the shop at 8:30 on Sunday mornings. They usually have a no-drop, intermediate, and advanced ride so there should be something to suit everyone! Read their blog [here](#) to follow any news about upcoming rides.



## PAC Sponsors



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

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