

PAC Team Newsletter

May, 2011



Tri Season is Here!

Triathlon season is officially upon us, and Team PAC has hit the road running to the races. First tris, half ironmans, and full ironmans have already been completed and several more are on the calendar. Speaking of calendar, don't forget to update the [PAC Race Schedule](#) for your races!

Ironman Texas 70.3 – Galveston, TX



Photo by John Chung

Christina Edwards at Ironman Texas 70.3

Several PAC athletes competed in one of the early season Ironman 70.3's in the area – Ironman Texas 70.3 (formerly known as “Lonestar”) in Galveston in early April. Despite a decent bit of wind and warm temps, PAC kicked butt!

Greg and Christina Edwards both raced, Greg finishing in 5:24 and Christina in 5:18. They both have great race reports – you can read hers [here](#) and his [here](#).

New team member Patrick Kofron had a huge PR finishing in 6:04. Melody Magallanez finished the race in similar fashion with a PR time of 6:05.

Team Coordinator Kathleen Woodhead got into a small quarrel with her front wheel in T2, but went on to finish in 6:11. Her race report is [here](#).

Ironman Australia and Ironman St. George

Huge congrats go out to first time iron(wo)men Buffy Weaver and Chris Day. Buffy traveled Down Under in late April to compete in Ironman Australia in 16:01. Buffy had this to say about her race: “There were some really dark moments - including me hoping I would miss the bike time cutoff and get pulled from the course (it was a pretty brutal bike course with strong winds). The spectators and the finish chute made it all worth it though! I'm so glad I did it. There were moments during the race that I thought "I'm never doing this again" but now that I'm done and know what finishing feels like, I would definitely do it again:).”

Chris Day competed in Ironman St. George in Utah in early May, on the toughest course in North America. On a day where temps hit the low 90s, Chris rocked the course with a finishing time of 14:16.

Our Favorite PAC Party Host Rookie Does The Rookie!

A HUGE thank-you goes out to Vivian Potterf and her husband Jason for hosting our first PAC get together of the year. They ordered perfect weather for an evening of hanging out in the backyard and enjoying the fabulous food brought for the PAC potluck.

Earlier that day, Vivian completed her first triathlon!! She smashed her goal time and was nothing but smiles afterward.



Vivian after finishing her first triathlon



Rene Brubaker and Vivian after Skeese Greets

Skeese Greets Triathlon

Quite a few PACers enjoyed Skeese Greets triathlon at Texas Ski Ranch a few weeks ago. Vivian provided a great recap of the race: “Rena did so well yesterday!! She had a goal time of 1:15:00 and she hit it on the nose! Also, Abby rocked the run -- she was flying! I came in a few seconds faster than I did at The Rookie despite a bumpy, gravel-filled bike course (so many gals flatted out there -- it was crazy). Every second counts right?!”

Every second does count! Congrats to Rena, Vivian, and Abby for kicking butt!

PAC is Going Long

The inaugural [Memorial Hermann Ironman Texas](#) is coming to The Woodlands this Saturday. Many PAC members will be racing, cheering, and volunteering. This event is huge as it's the first Ironman to come to Texas and will have a huge number of local athletes participating. Four PAC members will be racing. You can watch the race unfold online at www.ironmanlive.com. Splits will also be posted on PAC's Twitter and Facebook page throughout the day. Keep an eye out for Maggie Dolch, David Bushore, Sandeep Shah, and Kathleen Woodhead.

Next month, Dennis Lastochkin will be heading to France to participate in [Ironman France](#). Be sure to wish him good luck and track him online on June 26.

Upcoming Races

Saturday, May 21 – [Rockin' R Toobin' Triathlon](#)

Monday, May 30 – [CapTex Triathlon](#)

Sunday, June 19 – [Lake Pflugerville Triathlon](#)

Sunday, July 10 – [Couples Triathlon](#)

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 Florida-November 5th 24 week Training plan-Start Date-May 23rd
Ironman Arizona-November 20th 24 week Training plan-Start Date-June 6th

Half Ironman Events

Longhorn Austin 70.3-October 23rd 16 week training plan-Start Date-July 4th

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. Place your sunglasses in your helmet in T1 so you put them on before your helmet. This way you take your helmet off in T2 without getting the sunglasses tangled in your helmet straps.
2. Work on running without socks during some of your shorter runs – this will toughen up your feet for racing without socks.
3. Thank the volunteers when you are out racing, and remember that you would not be there if they were not there!

Splash ‘n Dash – sign up ASAP!!



Come show off your Quarry-swimming skills on the third Tuesday of each month at Pure Austin Quarry Lake. Sign up ASAP for this fun series as they always fill up. The races consist of a 750 meter swim and a 3km run. PAC will have our tent set up each time around as well, with free beer provided by NXNW.

As a reminder, PAC will NOT have regularly-scheduled practices on the Splash ‘n Dash nights. We encourage you to sign up to race, or come out to cheer on your teammates.

PAC Members Helping PAC Members

PAC Team Coordinator Kathleen Woodhead is Racing Against Drunk Driving at the upcoming Ironman Texas. Her best friend lost his little sister to a drunk driver in September 2009, and she is racing to raise money for the Southeast Texas chapter of Mothers Against Drunk Driving. Check out her fundraising effort [here](#).

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

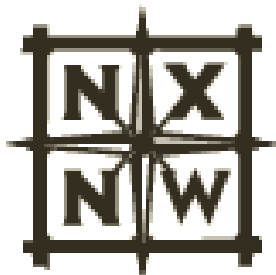
Have you been out to a Sunday ride with Jack and Adam's yet? If you haven't, why not? Perhaps you have gone to one of their monthly Steiner Ranch Steakhouse rides. Those are awesome – a 16 or 30 mile ride followed by half-price brunch with a view that is second-to-none. Sunday shop rides are free and 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 Pictures

Check out pictures from April's Splash 'n Dash and a few other practices in our Picasa Album [here](#). Please [email us](#) if you have any pictures to share with the group!

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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