



Newsletter Date
June 10, 2008

In this Issue:

- TCM Events
- TCM at the Races
- Escape Race Report
- Training Tips
- Other Stuff

TCM Events

Check out our upcoming events:

TCM June Social

Mark your calendar for Friday June 13 at 7.00pm for a social get together at the Dugout in San Anselmo. Join us for beers, pool and darts at San Anselmo's secret watering hole

<http://www.yelp.com/biz/dugout-bar-san-anselmo>

Change of Swim Venue

Weekday swims are now at Terra Linda Rec Center from approx. 7.00am Mon, Wed, Thurs. Drop in fee is \$5 (San Rafael residents) or you can buy a season pass. Beautiful outdoor pool, great swims now the sun is out.

http://www.cityofsanrafael.org/Visitors/Terra_Linda_Community_Pool.htm

TCM at the Races

The tri season is in full swing and members have so far competed at Santa Barbara, Ice-breaker, Sacramento International Tri, and Napa Sprint with PRs being set by David, Todd, Mark & Andrew at respective races. First timers included Renee's mum and Mark's wife & sister-in-law so well done to all of them.

Last weekend was a busy one for TCM with

the Club co-hosting the Vineman Showdown at Sundown sprint on Saturday, then various members competing in the Dipsea, Escape from Alcatraz and SJ International Tri the next day.

See race report on the Escape below.

We've also added a list of Norcal tris to our website, so swing on by to figure out your next race.

The main Vineman series is coming up with 1/2, full and aquathon races. We'll have a pretty good presence at these races so stay tuned.

Escape from Alcatraz – Race Report

On Sunday about 2,100 crazy athletes, including TCMers Gary, Eric, Mark, David, Marlene & Andrew, jumped off the SF Belle into 55 degree water for the start of the race. We had been told to aim for Sutro Towers (a huge radio mast far in the distance) and let the current do the rest. The water was relatively smooth (compared to last year anyway) except for some spots where it felt a bit like being in a tumble dryer!



Mark with men's winner, Andy Potts

Thousands of people were lining the swim exit, and finding my shoes was a breeze. A volunteer even helped me remove my wettie and put it in the bag - valet service. I felt a lot more confident on the bike this year and as a result had much more fun out there.

The run was as brutal as ever and the sand ladder almost did me in. Coming back along Chrissy Field was a welcome relief. Congrats to everyone who took part, it was a totally fun race.

Training Tips

From Coach "Gordo"

It's normal for highly motivated athletes with busy lives to feel like they aren't doing "enough" or to wish that they could constantly do a little more. Here are some ideas:

1. have a written plan in advance of your sessions; make your training time effective.
2. ensure that you get adequate sleep/recovery - - if you get run down then consistency suffers. On a lower volume program, consistency is
3. even more important.
3. set your training targets a little below what you think is feasible; you'll feel better consistently hitting modest targets that slightly missing your targets.
4. train at the appropriate intensity for your session goals; it's tempting to seek to increase benefits by increasing intensity -- however, your physiology is not impacted by the number of weekly hours
5. you have to train. Be wary of simply making yourself more tired, rather than more fit.
5. discover and trim unnecessary time activities -- match your performance goals to your ability to commit.
6. Spend some time thinking about your true motivation for training (process oriented or results oriented).

TCM Other Stuff

Don't forget to keep checking our website at www.triclubmarin.org for updates on workouts, social events etc.

We also have a limited supply of TCM kit – tri-shorts, tri-tops and cycling jerseys – please email info@triclubmarin.org with your requirements and we'll see if we can match you up!

SALE PRICES!!!!!!



"Er, I'd like some guts please."