

## TEAM JAVELIN NEWSLETTER

July 17, 2005

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Thank You, Team Javelin

By David Varwig, CEO, Javelin, L.L.C.

By now you should be seeing your Team Javelin teammates out on the courses of your triathlons. In some cases the numbers can be quite striking.... there were over 50 of you at Ironman USA Coeur d'Alene, and I sure noticed! What I noticed most was not really the number of uniforms like mine, but rather the energy the people in these uniforms had and the enthusiasm many of you shared with me. Then, as my race progressed, I found that the more I gave in the way of support, the more I got when I needed it most. It was incredible!

I encourage all of you to keep an eye out for your teammates and give a sign of acknowledgement, support - a wave, a smile, a "way-to-go!" I think you'll be amazed, as I was, at how contagious this can be. I'm looking forward to my next race in a way I never have before. Thank you, Team Javelin!

### ATTENTION VINEMAN PARTICIPANTS ...

Coach Dave Latourette and Vineman welcome Team Javelin members participating in the Full Vineman. Please send an email to [team@javelintriathlon.com](mailto:team@javelintriathlon.com) to let us know if you are doing the Full Vineman in order to be eligible for Dave's giveaway.

### TEAM JAVELIN PERFORMS!!

Congratulations, Team Javelin – a JOB WELL DONE!! to

TEAM JAVELIN FINISHERS OF ESCAPE FROM ALCATRAZ TRIATHLON:

Thomas Burbank  
Jay Calvert  
David Damrath  
Mark Daniel  
Chris Delphia  
Clancy Emry  
Howard Gannon  
Trent Joy  
Matthew Kaea  
Dan Michie  
Katherine Reboulet  
Ian Royle  
Van McCarty

TEAM JAVELIN FINISHERS OF BLACKWATER EAGLEMAN TRIATHLON

Rodney Mease  
Ester Schaftel  
Robert Green  
Stephanie Cooper, 9<sup>th</sup> in AG (W45-49)  
Jeff Gura  
Colleen Angstadt, 10<sup>th</sup> in AG (W25-29)  
Chris Woods, 4<sup>th</sup> in AG (M45-49)  
Jim Dartt  
Jamie So, 9<sup>th</sup> in AG (W25-29)  
Andrew Campbell  
Terry Kelly  
Bill Ulmer  
Jay Messenger  
Andrew Hopkins  
John Walker  
John Latvenas  
Cara Balch  
Jeff Lorber

TEAM JAVELIN FINISHERS OF IRONMAN USA COEUR D'ALENE

Lawrence Bendandi  
William Brockley  
Jeff Bryan  
Brianna Cash, 1<sup>st</sup> in AG (W18-24) – HAWAII QUALIFIER!!!  
Randy Colee  
Cullin Contino  
Stephanie Cooper

Tom Counts  
Chris Daniels  
Jason Densely  
Marianne Dickerson  
Sue Dilts  
Alicia Dixon  
Chris Fiacco  
Elaine Flanagan  
Alexander Fomenko  
Jacqueline Green  
Jan Hammerlund  
Chris Hammett  
Jamie Hatt  
Scott James  
Jay Johansson  
Michael Kerr  
Malcolm Lewis  
David Marsh  
Van Mccarty  
Tim McCulley  
Connie Morse, 9<sup>th</sup> in AG (W50-54)  
Trevor Oseen  
Kathy Pavao  
Brett Peterson  
Theodore Peterson  
Danae Powell  
Paul Quaglia  
Joel Rutledge  
Esther Schaftel  
Benjamin Schloegel, 1<sup>st</sup> in AG (M25-29) – HAWAII QUALIFIER!!!  
Michael Schwartz  
Robert Seaman  
Casey Selfridge  
Rhae Shaw, 7<sup>th</sup> in AG (W25-29)  
Brooke Shinsky  
David Shinsky  
Erin Squance  
John Stephens  
Cara Sweet  
Christopher Swere  
Ted Taylor  
David Varwig  
Douglas Wynd  
Jay Zubick

A SPECIAL CONGRATULATIONS to CHRIS FIACCO, who not only competed in Ironman USA Coeur d'Alene, but also raised over \$9,000 for the Marine Corps Scholarship Foundation in the Janus Charity Challenge! His efforts also earned a \$750 bonus from Janus for this foundation, which offers college scholarships to the sons and daughters of Marines that have been killed in combat. When asked about his interest to this organization, Chris responded, "Obviously, with what is going on in the world today, this is a very real situation for too many families. I spent eight years in the Marine Corps, so for me this is a way to give back to an organization and a group of people that have and continue to offer me so much. Next year I hope to double my efforts in conjunction with Ironman Lake Placid." Way to go, Chris!!!

CONGRATULATIONS to all of you other Team Javelin members:

- Jens Durer was 5<sup>th</sup> overall and 2<sup>nd</sup> in his age group at the Triathlon Hassmersheim near Stuttgart, Germany. And if you can read German, check out the following link for an article on the event:

[http://www.triablaugeb.de/index.php?id=68&backPID=68&tt\\_news=100](http://www.triablaugeb.de/index.php?id=68&backPID=68&tt_news=100)

- Frank French 2<sup>nd</sup> in AG (M 65 +) at the Lake Macatawa Triathlon (Holland, Michigan)

- Dan Michie had a great time competing in Escape from Alcatraz

- Ed Stygar was 3<sup>rd</sup> in the Clydesdale division at the Tri Shark Triathlon (Bloomington, Illinois) and was 1<sup>st</sup> in the Citizen's Division of the Garden Prairie 40K TT

- Todd Panietz, participated in Wildflower, his first triathlon!! Todd's chip got stuck in his wetsuit, but he didn't realize it until the run. He was able to be an official finisher, though, after explaining the situation to officials and providing his own watch time.

- Terry Kelly was 1<sup>st</sup> in AG and 3<sup>rd</sup> overall at the Tupper Lake Tinman; he also completed in Eagleman and qualified for IM Wisconsin

- Bryan Barletto competed in the Deer Creek Triathlon

- Ted Burnham was 4<sup>th</sup> in AG at Onionman and 8<sup>th</sup> in AG at Gerick's Rocky Mountain Triathlon

- Chris Daniels was 1<sup>st</sup> in AG and 4<sup>th</sup> overall in the Sullivan Triathlon; he was 2<sup>nd</sup> in AG in the Terre Haute Triathlon; he was 2<sup>nd</sup> in AG in the Tri Shark Triathlon

- Olivia Perry was 1<sup>st</sup> in AG (W19 & under) at My First Triathlon

- Todd Storch was 8<sup>th</sup> in AG (M35-39) at the TinMan Olympic

- Thom Carson was 2<sup>nd</sup> in AG (M30-34) at the Midwest Mudder

- Roland Varga was 3<sup>rd</sup> in AG at the Olentangy Duathlon and 4<sup>th</sup> in AG at the Deer Creek Triathlon; he also competed in the Fat Rabbit Racing Alum Creek Triathlon and the Ultrafit Racing Wendy's Triathlon

- Brent Gusnowski was 3<sup>rd</sup> in AG (M30-39) in the Mountainview Triathlon

- Graeme Glabb was 8<sup>th</sup> in AG in the Ottawa Riverkeeper Triathlon Olympic Distance – despite bleeding feet!

- Shawna Novak was 1<sup>st</sup> at the Runners Choice Duathlon and 3<sup>rd</sup> at the Muskoka Sprint Triathlon; she was also 1<sup>st</sup> in AG and 3<sup>rd</sup> overall at the Buffalo Triathlon
- Steve Rutledge was 3<sup>rd</sup> in AG (M30-39) in the Binbrook Triathlon
- Jan De Week was 3<sup>rd</sup> in AG (M30-34) at the Highland Illinois Biathlon, 6<sup>th</sup> in AG at the Halfmax ½ Iron Distance Triathlon, and 2<sup>nd</sup> in AG at the Ironhorse Quartermax Triathlon
- Scott Edwardson set a new PR by two minutes in the Pat Griskus Olympic Triathlon
- Joyce Soda participated in the ½ Ironman Victoria
- Tom Nykanen was 3<sup>rd</sup> in AG at a local triathlon in Mt. Gretna, Pennsylvania
- Ron Freeman was 3<sup>rd</sup> in AG at the Little Smokies Half Distance Triathlon and 1<sup>st</sup> in AG and 7<sup>th</sup> overall at the Alum Creek Sprint Triathlon
- Joe Renter competed in the Loveland Lake-to-Lake Triathlon
- Frank French became an age group champion at the USA Triathlon Midwest Sprint Championship in Warsaw, IN – he was 1<sup>st</sup> in AG (M70-74)
- Bob McKeague also became age group champion at the USA Triathlon Midwest Sprint Championship – he was 1<sup>st</sup> in AG (M80-84)
- Charles Windus was 2<sup>nd</sup> in AG at the Thundergust Sprint Triathlon and 2<sup>nd</sup> in AG at the Tupperlake Tinman
- Michael Myers completed his first ever triathlon, the Buffalo Springs Lake Tri Raider Sprint Triathlon; he was 4<sup>th</sup> in the Clydesdale division; weighing in at 240, Michael said, “It was nice to finally be more than just a spectator and to finally feel the joy of crossing the finish line. One down and many more to follow!” Here’s to you, Michael!!!
- Tammy Marker was 2<sup>nd</sup> in AG and 6<sup>th</sup> overall at the Gear West Duathlon and 2<sup>nd</sup> in AG and 8<sup>th</sup> overall at the Lake Waconia Triathlon
- Adam Eikenberry was 2<sup>nd</sup> in AG (M25-29) and 10<sup>th</sup> overall at the Smith’s Falls Sprint Duathlon
- Jennifer Stokes was 2<sup>nd</sup> in AG at the Oklahoma City Super Sprint Triathlon
- Mark Okany was 1<sup>st</sup> in the Boys 14-15 long course Kids of Steel Race at the St. Malo Triathlon in Manitoba, while dad, Tom Okany was 2<sup>nd</sup> in AG (M45-49) in the Olympic distance event
- James Gleim was 2<sup>nd</sup> in AG and 6<sup>th</sup> overall at the TBF Racing Sprint Triathlon
- Robert Schmill was 5<sup>th</sup> in AG (M55-59) at the Topeka Tinman Triathlon
- Marinus Waterburg finished his first half Ironman , the New Balance Half Ironman in Victoria British Columbia
- James Dugan won the Clydesdale division at the first of this year’s Key Biscayne Triathlon Trilogy
- Scott Sosobee completed the Buffalo Springs Half
- Jon Eric Imperio, Darryl de Leon, and Sally Clark competed in the 2005 OSIM Singapore Triathlon
- Gretchen Johnson was 4<sup>th</sup> in AG at the Average Joe Triathlon
- Lisa Beeson was 3<sup>rd</sup> in the Athena division of the Shawnee Mission Triathlon

- Greg Pesot participated in the Lake Lenape Triathlon; read his race report at <http://www.beginnertriathlete.com/discussion/forums/thread-view.asp?tid=21564&posts=8#s>
- Brent Graham and Phil Baker competed in the Mooseman ¼ Iron Triathlon
- Helga Alvarado, from Guatemala, completed her first Ironman in Nice, France
- Leslie Riguro was 3<sup>rd</sup> in AG the Multirace.com 4<sup>th</sup> of July Duathlon

A hearty congrats to Brianna Cash and Ben Schlegel for qualifying for the Ironman World Championships in Kona, Hawaii!!

If you have qualified for the Ironman World Championships in Kona, whether it is by race performance, lottery, you name it, please let us know. Send an email to [team@javelintriathlon.com](mailto:team@javelintriathlon.com).

We are sorry if we missed your results over the past weeks. We do our best to find as many as possible. Please feel free to let us know how you did – send your results to [team@javelintriathlon.com](mailto:team@javelintriathlon.com).

## PROMOTIONS AND TEAM BENEFITS UPDATE

We are pleased to welcome Sub 17 as a new Associate Sponsor of Team Javelin

### SUB 17

Hello to our friends at Team Javelin. We would like to introduce you to your new favorite shirt. These are high quality, super soft and subtle enough to be worn every day. So when the gun goes off, race hard and have fun so you can get back to wearing our shirts.

We are pleased to offer Team Javelin members 20% off each shirt. Thanks for your support. Visit [www.sub17.com](http://www.sub17.com) and use code: TJAV to receive your discount.

## A WORD FROM OUR SPONSORS

### JAVELIN

Check out Javelin in the news at

<http://www.cyclingnews.com/tech.php?id=tech/2005/features/javelin>

### TRIATHLETE MAGAZINE

Take advantage of Triathlete's special online ([www.triathletemag.com](http://www.triathletemag.com)) offer created for competitors like you, who are the heart of triathlon. Subscribe, or extend your current subscription to Triathlete and not only save up to 60% off our cover price, but also receive FREE Profile Design® handlebar tape with your paid order!

For more information on this offer, click:

<https://subscribe.pcspublink.com/magazine/Tria/subscribeFormTria.asp?track=JPROFL&pub=TRIA&term=12>

### ROTOR CRANKS USA

Rotor Cranks USA is pleased to offer Team Javelin members fantastic preferred pricing, as follows:

- Titanium road double Rotor RS4X with normal chainrings - \$445 (msrp = \$1030)
- Steel road double Rotor RS4X with normal chainrings - \$328 (msrp = \$770)
- Other chainrings or replacements - 50% off of msrp

Visit <http://www.javelintriathlonteam.com/discount.html> for an order form. For more information on Rotor Cranks, visit their web site, [www.rotorcranksusa.com](http://www.rotorcranksusa.com).

### ENERGICE

Michellie Jones Endorses Energice; Leading Female Triathlete Uses Brand that Enhances Performance , Speeds Recovery

For full article, click on [http://www.energice.net/news/Michellie\\_Endorses.pdf](http://www.energice.net/news/Michellie_Endorses.pdf).

### AERO-CONCEPTS

Some of you may have heard rumors of the new Titanium 1 - Piece Aerobar hitting the market this year. It's true, after 5 years of trials and tribulations, it's finally here. It's gone through 4 design changes and we finally have it ready for sale. Our website, [www.aero-concepts.com](http://www.aero-concepts.com) goes over all the details and specs of the bar along with our other new products, our titanium seatpost and titanium stem.

Our first orders have already shipped and we are receiving our second order of the Genesis bar in this month. Not only are we offering discounts to Team Javelin, we are also offering a Free Genesis Titanium Seat Post with every order for the month of July while supplies last!

For now, we are selling factory direct from our offices in Philadelphia PA but we are also looking for retailers to sell our products. If you can recommend a good retailer in your area, we'll gladly send our catalog to them so they can learn more about Aero-Concepts.

Aero-Concepts looks forward to supporting Team Javelin and will be traveling to many races this year to support our athletes.

Thank you,  
Steven Harad  
Aero-Concepts LLC

### TEXAN TRIATHLON SERIES

Team Javelin members will receive a 20% discount on their entry fee for each Texan Tri Series event entered as well as preferred sections in the transition areas for bike racking. Register online as you always would, and bring your proof of Team Javelin membership to packet pick-up to receive a refund for the discount. Visit [www.talltexantri.com](http://www.talltexantri.com) for more information on their races.

### SILVERMAN IRON DISTANCE TRIATHLON

On November 13th, 2005 the Nevada Silverman Iron Distance Triathlon will make history. The first event of its kind to take place in Nevada, the Silverman guarantees a great time for participants looking to challenge themselves beyond their potential.

The race begins with a rigorous 2.4 mile swim in the waters of Lake Mead and continues on as cyclists will spin 112 miles, the long way, into the Las Vegas Valley. The race concludes with a 26.2 mile marathon run as athletes make their way to across the finish line while the Vegas skyline burns away and the sun sets. Immediately following this epic adventure, participants will enjoy the Nevada Silverman Expo and Outdoor Celebration.

If reading this inspires you to push yourself harder than you ever have before, join us at the Inaugural Nevada Silverman Iron Distance Triathlon.

To make your Silverman experience unique, Javelin Team members will receive the following benefits at the Nevada Silverman:

- \$15 discount on their entry fee for the Silverman Triathlon, upon proof of their membership; Team Javelin members are to enter promotional code, Silverman Club 05, on their application
- Specially designated race packet pick-up/registration table

- Preferred space in transition area for racking their bikes
- Specially designated seating at carbo dinner & awards dinner

AND HEY! - check this out.....Don't be surprised if while you're racing the Nevada Silverman, you happen to pass triathlon legend, Dave Scott, out on the course. He may be swimming, riding or running right next to you. But what could be better than that? The only thing we can think of is being the lucky person racing with Dave on the Dave Scott Silverman Relay Team! The Nevada Silverman will be offering two lucky individuals a chance to live the dream by racing with Dave on his team for this inaugural event. For more details on the Silverman sweepstakes, keep checking in at [www.silvermannv.com](http://www.silvermannv.com) to learn how you can play your hand at winning.

#### STEELHEAD HALF IRON DISTANCE TRIATHLON

As of June 30<sup>th</sup>, Steelhead had 700 registrants. Registration closes at 1000!!!

The Steelhead Half Iron Distance Triathlon, August 6th in southeast Michigan, is offering Team Javelin members a \$25 discount on race registration. In order to receive the discount, Team Javelin members must register by mail (NOT ONLINE) and include a copy of your Team Javelin documentation – a copy of your “Welcome to Team Javelin” email (that includes your member number) will work.

Mail your Steelhead registration, Team Javelin documentation, and a check or money order to  
Lakeshore Athletic Services  
7555 North Linder  
Skokie, IL 60077

Visit the following link to download a registration form:  
<http://www.steelheadtriathlon.com/2005SteelheadEntry.pdf>. And visit [www.steelheadtriathlon.com](http://www.steelheadtriathlon.com) for more information about the race.

\*\*The Steelhead Triathlon is unable to give this discount to individuals who have already registered for the 2005 race.

#### OTHER TEAM NEWS

Best Wishes to all Team Javelin members with races in the coming weeks!!!

COACH'S CORNER  
By Dave Latourette

### LONG COURSE NUTRITION SIMPLIFIED

Over the last few weeks I have conducted some race day nutrition consultations for athletes moving from short races early in the year to longer races later in the year. The main goal was to calm some athlete's nerves about establishing a race day nutrition protocol for those long races. ☺ If you are tackling this topic by yourself or listening to all the claims out there it can get confusing. All my coached athletes get a sheet that includes sample protocols so they can start setting up a potential race day plan. From this plan we start with a baseline of calories and fluid per hour and then start deciding on types and quantities of food. As the title implies I would like to simplify what type of caloric and fluid needs are necessary for long course racing.

Many athletes get caught up in the latest craze of sports nutrition product that claims you'll go 25% faster if you use product xxx. Because of this they approach the process backwards. The first thing you have to learn is what YOU like in terms of taste and texture (liquids, solids, gels) and absorption, NOT decide based on what is claimed to work. You could start by doing some real research (and I don't mean just reading the label) by sampling products to see if the latest claim is really all that good.

An example from my experience: A leading "sports nutrition" product claims it "enhances endurance performance by 25%". I don't see the claim for "improved performance", AND here are some other facts:

- The test was done on ONLY 10 trained cyclist (this is an INCREDIBLY small sample of athletes)
- The results show that time to exhaustion in "their product" is 24.3 minutes +/- 4.5 minutes. While the time to exhaustion in "the other product" is 19.2 minutes +/- 4 minutes.

For me the bottom line is this: If the margin of error is say +/- 4 minutes, that's an error margin of 16-21% on a sample of only ten people. Guess what? I don't like giving much credit to any product that does its test on only 10 people and makes bold claims about its effectiveness. I'm not saying it doesn't work better, it might, but I've learned a few things about this product. I can't tolerate the taste of it when it's not cold, it never did anything different for me over other products, I'm not sure of their testing protocol and it doesn't work better FOR ME.

Getting back to simplifying long course nutrition, below I've listed what I consider "The Big Three" when developing your fueling plan for competing: (not in any specific order)

- 1) Carbohydrate calories (ladies start w/ at least 200 cal per hour, men 300)
- 2) Replacing fluids (we should be shooting for at least 20 oz per hour or whatever your body loses and can absorb relative to heat, humidity, calorie source and so on.)
- 3) Electrolyte Replacement. This is incredibly different for everybody and can range from .5 grams to 5 grams (this is a huge amount) of sodium lost per hour based on climate, acclimatization, body size, sweat rate etc.

After these "Big Three" everything else is personal based on tastes, desires, absorption rates, or for some, simply what you like to eat! Because of our individual make up, trying to duplicate someone else's nutrition plan is a bad idea. You should take different ideas from different resources and mold it around your needs. To this day I have not seen any one person who has the exact same nutrition plan for racing as me and I wouldn't expect it.

What's the key to remember? Everybody is different, therefore you have to plan a little, practice a little, listen to your body and make adjustments. Here are some examples/signs to look for:

- Do you crave salty food during and after training sessions? If yes, you likely need more sodium & electrolytes
- Are you hungry during and immediately after training sessions? If yes you likely need to eat more before and/or during the training sessions.
- Are you thirsty during and after training sessions? If yes then no doubt you are dehydrated to some level. Remember, athletic performance level begins to drop when you lose more than 2% of your body weight in fluids.
- Are you easily absorbing all the food and fluids you take during training sessions? If yes, for starters you may try taking an extra 50 calories per hour. If no then you may have to lower the caloric intake, adjust the form of the calories or consider lowering the intensity of the training effort.

Don't forget that no matter what the caloric and fluid source, you should be ingesting them in small amounts and at timed, frequent intervals. If you keep the plan simple and it's worked in training then all you have to do is make small adaptations leading up to your important races.

Best of Luck,  
Dave Latourette