

Tricia Madey
Van McCarty
Richard McLellan
Jason Molitz
Marcus Morales
Norm Smith
Wendy Stiver
Harry Verni
Jeremy Warren

IRONMAN ARIZONA FINISHERS

Jeff Banas
Larry Branagin
Brian Brunetti
Bryan Camicata
Mike Conboy
Peter Diak
James Dugan
Julie Goodwin
Land Heintzberger
Clarence Johnson
Jesse Peterson
Trish Taylor
Shannon Showalter
Norm Smith
Todd White

ST. ANTHONY'S TRIATHLON FINISHERS

Robert Cole
Jon Covington
Debbie Eubanks
Brett McCabre
Brian Rell
Bryan Spellberg
Christopher Swere
Cadu Carlos Tilkian
William Urbanski
Lisa Whidden
Briana Witteveen
Janelle Zmierski

And congrats to all other Team Javelin recent finishers....

- Michael Stover was 1st overall at the Max Performance Triathlon Series Race #1

- Jason Reid competed in the Midwest Indoor Tri-Classic Series, where he was 2nd in his age group for the series
- Arron Preston was 7th in his age group in the Spring Fever Triathlon; he also participated in the PlayTri Sprint Triathlon where he was 2nd in his age group
- Roger Casteneda had a personal best at the Ironman 70.3 California
- Adam Eikenberry was 4th in his age group at the Cumberland Duathlon; he also competed in the Canadian Duathlon Championships where he qualified for the World Duathlon Championships.

We are sorry if we missed your recent results. Please feel free to let us know how you did – send your results to team@javelintriathlon.com.

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 SPONSOR NEWS
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JAVELIN

HEADLINE: Michael Lovato wins Ironman Arizona on a Javelin Barolo

LITTLE ROCK, Arkansas – April 19, 2006 – Michael Lovato topped the men’s pro field at the Ford Ironman Arizona, clocking a time of 8:20:56, adding a second Ironman victory to his credit.

“The Barolo was a big part of why my victory was possible today,” said Lovato. “I felt so strong and comfortable all day.” Lovato’s bike split of 4:30:25 was the second fastest of the day, which put him in T2 in first place.

“I was running scared right from the tent,” Lovato said after finishing the race. Lovato exited T2 in the lead, not far behind was chaser Spencer Smith, who throughout the run, came very close, but was never able to catch Lovato.

Two other Javelin athletes performed well at Powerman Alabama. Andrea Ratkovic and Lauren Jensen took first and third place respectively. “My Javelin has allowed me to fly on the bike leg and come out with a good run split,” said Ratkovic. This is Ratkovic’s second victory here in as many years. Both Ratkovic and Jensen dominated the bike course in route to their respective places.

The Javelin bicycles that Lovato, Ratkovic, and Jensen rode are stock framesets developed through Javelin’s wind tunnel testing program, specifically designed for triathletes and time trialists.

The complete Javelin line of bikes is offered through select, high quality bicycle retailers throughout North America and overseas.

For further information about Javelin bikes, visit www.javbike.com, and for information on Team Javelin, visit www.javelintriathloneteam.com.

CONTACT: Rob Henley, Javelin, LLC rob@javbike.com 800-814-0133 or www.javbike.com

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FUELBELT, Inc

FuelBelt is proud to continue supporting Team Javelin in 2006. Members are eligible for a 15% discount on all orders placed on our website. Visit us on the web: www.fuelbelt.com and use the coupon code [javelin](#).

Stay Hydrated! Use a Fuel Belt!

ROTOR CRANKS USA

Rotor has listened to the many requests for a larger collection of Q-Rings and will be launching it's new aero 54T Time Trial Q-Ring as of the 1st of July. This is the first in a series of new Q-Ring variants that we will be launching throughout the summer of 2006.

These 54(130bcd) tooth Q-Rings will be available in anodized black with lazer etched logos. They will offer all the same benefits (4% more power and 10% less lactates) and the OCP adjustability of normal Q-Rings as well as having an improved aerodynamic profile for TT use. These Q-Rings are also suitable for Road Tandem and Recumbent use, where a 53 tooth chainring is slightly small.

Rotor Cranks USA is offering Team Javelin members fantastic preferred pricing. Contact howie@rotorbike.com for special pricing on 2006 model Rotor Cranks and chainrings. Please note the 54TT Q-Rings will not be available until July and are not

available for team purchases at this time. Price for the 54TT Q-Rings is to be determined.

nuun

Press Release

nuun – New Format, New Flavors, New Choice

For Immediate Release

Contact: Erin O’Connell

nuun & Company

phone: (206) 219-9237

email: pr@nuun.com

portable electrolyte hydration

Seattle, Washington (March 27, 2006) – What does nuun & Company know about hydration? As a company comprised of competitive cyclists, rock climbers and triathletes, nuun knows plenty. This Seattle start-up provides a unique, portable electrolyte hydration solution to individuals with active lifestyles. A hit with triathletes and adventure racers since its launch in 2004, nuun is now available in 3 flavor choices: the original Lemon+Lime, and now for the first time, new Tri-Berry and Citrus Fruit. All three hit the shelves in time for spring training, April 2006.

nuun is optimal hydration made easy. nuun takes a back-to-basics approach to hydration: simple, sugar free, soluble tabs stored within a portable tube. And now, with the new format, there’s more bang for your buck because instead of the original, less concentrated 16 tabs, each compact tube now contains 12 tabs; supplying 1.5 gallons of electrolyte hydration. That’s enough to keep you out there doing what you’re doing with a minimum of fuss. Now you only need to drop one tab instead of two in your water bottle... by the time you’ve tied your laces or put on your pack, you’ve got a complex electrolyte drink that recharges your mind and body. nuun’s flavors are light and refreshing. The low acidity reduces stomach irritation and the hypotonic solution is more efficiently absorbed than water alone or most sports drinks on the market.

The active lifestyle has expanded to include a wide variety of sports and activities, varying in intensity and endurance. nuun has kept pace with this growth and continues to address the needs of today’s athletes, no matter what sport, activity, intensity, or distance. Despite a barrage of products in the sports nutrition market, most other hydration products have not measured up. Bulky, ready-made, sugary products have questionable benefits, powders are messy and difficult to use, and plain water is good, but sub-optimal. Hydration is not only key to optimal performance in sports, but to healthy, everyday living. This is one of nuun’s guiding principles, and the reason this hydration tool has been so well received in the active lifestyle markets.

As more athletes discovered nuun and word got around of its benefits, the testimonials have poured in. “We were so excited to find this product,” shares Cyril Jay-Rayon, Captain of Team DART, an elite adventure racing team. “As Adventure Racers, we have been struggling with digestion and cramping during long races. I love the taste. Instead of sweet, the salt is what we crave. This product is amazing!”

about nuun & company

nuun was the brainchild of a student and professor from the Tuck School, Dartmouth College’s business program. New England was great for fall cycling, but the two became frustrated in their search for an electrolyte hydration solution to use in remote places. They longed for a lightweight, easily dissolvable product that was free of carbohydrates. Dissatisfied by pre-made and powdered options on the market, they set about developing their own solution. The answer came in the form of a simple tablet that would come to be known as “nuun”. Fast forward a couple years, and nuun is pioneering portable electrolyte hydration for athletes and those with active lifestyles. Just drop a nuun tab in your water bottle whether running, cycling, hiking, adventure racing, kayaking, golfing, or traveling, and store the tube in your jersey pocket or pack. nuun turns every water fountain into a source of optimal, balanced hydration. Each tube contains 12 tabs, weighs less than 2 oz., and provides up to 1.5 gallons of hydration. With an MSRP of \$6.50, nuun can be purchased online and is stocked in over 150 stores throughout the US, Canada, UK, Australia and New Zealand. Learn more at www.nuun.com

KINeSYS

Athletes have a lower incident of most diseases except for one: skin cancer. This is because of their prolonged exposure to the elements while training or competing. When asked why they don’t use sunscreen the athlete’s responses are fairly predictable: because it’s greasy, it’s oily, it takes too long to apply, I can’t get it off my hands, basically it’s just a lot of trouble.

Beyond just offering protection from the sun’s rays, however, sunscreen can also help prevent overheating. When it is not used or reapplied enough, the resulting sunburn can interfere with the skin’s natural ability to perspire. This compromises the body’s cooling system. The ideal situation for athletes, then, is to use a sunscreen that doesn’t clog the pores but protects against full spectrum UVA and UVB rays.

KINeSYS is truly a performance sunscreen that was created for the world’s best athletes. It is the only oil free and alcohol free sunscreen spray. It is water and sweat-resistant, PABA free, preservative-free, hypoallergenic, as well as non-comedogenic (which means it won’t clog your pores). Each sunscreen has Parsol 1789 as well as three UVB blockers to provide complete coverage from full spectrum UVA and UVB rays. It’s an easy spray that provides maximum coverage for the world’s toughest athletes.

Team Javelin members should enter promo code: JAV1 to receive a FREE 4oz. bottle and free shipping on all orders over \$60.

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COACHES CORNER
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As we've entered the race season, a couple of the hottest topics or questions are: How do I pace my race? What should my setting expectations, race goals, time goals be?

For the athletes that I work with our pacing education starts in the training sessions. The majority of my sessions that I prepare are set up in a fashion so the athlete is able to go a bit harder at the end of the session (or series of intervals) compared to the beginning of the session or series of intervals. By setting up the training sessions this way, they preferably manage their energy expenditure by holding back at the outset knowing there are some challenging efforts at the end of the session. As this skill becomes instinct, race day pacing becomes less of a challenge and will hopefully be more automatic. One factor that arises on race day (that is not usually present in training) is extra motivation, emotion, and adrenalin. I have seen many talented athletes ruin the best preparation. Letting emotion and adrenalin get the best of them of them early in an event, only to be void of any energy when they need it most ... during the last 1/3 of that race!

Once you have learned the pacing skill and managing energy, the next goal is managing emotion, great fitness and adrenalin. Actually this skill is similar to energy management. Patience early then gradually expending your energy in small doses as the day goes. Since it's easier said than done, you need to get out and race to learn how one best deals with it and reacts to it. Doing local races or lower key events is the best way to experience and practice this. Don't save the questions and wondering for your "key" events. Set up your training sessions to ensure pacing success and practice every time you go out to train. Enjoy your early season and train to succeed!

The other topic that has been prevalent this Spring is that of race goals & "predicting" times. I'd like to share an email I sent an athlete recently regarding pacing skills AND setting up time goals or race expectations.

"I think you have to put race times aside ... if we put those numbers and times out there you start chasing them (bad scenario) ... i think it's great to have a "formula" to get a ballpark time but we need to be flexible on race day. This may sound simplistic but:

-Train smart, hard, rest, prepare for all scenario's (mental, nutrition, weather, etc. ... all within the realm of time and health you have available)

-THEN ... race within your parameters that you have trained in and let the race come to you ... the time will evolve from all facets of your preparation and ability to expend energy in small doses throughout the day so your hourglass is empty when you reach the finish line, and not any sooner!

I strongly believe in this ... when you have a bunch more races under your belt, and races you execute perfectly you'll (we'll) have a better idea of your top end and the window of finish times for your event(s)

Keep this note and re-visit it when you start to get ahead of yourself or too anxious. There is a lot of freedom standing at the start line knowing you did everything right, THEN letting the race take care of itself!

Have an enjoyable and successful 2006 season!

Dave Latourette

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