

TEAM JAVELIN NEWSLETTER

September 24, 2005

In this edition:

- Good Luck in Kona!!!
- Thank You, Silverman!!!
- Team Javelin Performs!
- Promotions and Team Benefits Update
- A Word From Our Sponsors
- Coach's Corner, by Dave Latourette

GOOD LUCK IN KONA to Team Javelin members racing at the Ironman Triathlon World Championships in Kona, Hawaii on October 15, 2005:

Sergio Borges
Laurent Cali
Tom Campbell
Brianna Cash
Clemens Coenen
Curt Leonard
Matthew Lorenz
Bob McKeague
Shelley McKee
James Leonard
Saulius Puskorius
Ben Schloegel
Rhae Shaw
Laura Sophiea
Ted Thome
Chris Woods

We have heard from many of you on this, but again - If you have qualified for the Ironman Triathlon 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.

Team Javelin wants to say, THANK YOU SILVERMAN!!!

Did you know that the Nevada Silverman Iron Distance Triathlon is offering a \$15 discount to Team Javelin members on their race entry? Did you know that Silverman is planning to have the following special benefits for Team Javelin members?

- Specially designated race packet pick-up/registration table
- Preferred space in transition area for racking bikes
- Specially designated seating at carbo dinner & awards dinner

Team Javelin members should enter promotional code, Silverman Club 05, on their application at www.silvermannv.com.

The inaugural Nevada Silverman Iron Distance Triathlon will be held on November 13th, 2005. It will be the first event of its kind in Nevada and it guarantees a great time for participants. 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 cross 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.

Again, Team Javelin wants to say THANK YOU, SILVERMAN!!!

TEAM JAVELIN PERFORMS!!

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

TEAM JAVELIN FINISHERS OF IRONMAN USA LAKE PLACID:

Arna Berke-Schlessel
John Bertero
Andy Brendel
Greg Cain
Mark Casell
Tracy Cleveland
Chris Delphia
Michael Frank
Angel Correa
Peter Fraser
Jeff Gura
Kevin Hetzel
Susie Jacobs
Stacy Juckett
Mark Kerin
Joel Kubala
Tania Larkin
Denis Morel
Josep Niezgod
Saulius Puskorius, Hawaii Qualifier
Mae Resurreccion
Charlie Rey
Richard Searing
Christopher Sarver
Priscilla Schneidersmann
Katsumi Shiji
Bryan Spinelli

Jay Swift
Robert Taylor
Bill Ulmer
Chris Woods, 4th in M45-49
David Zaran
Jay Zubick

TEAM JAVELIN FINISHERS OF IRONMAN CANADA:

Clive Asplen
Michelle Grainger
Susan Haag
Lance Heppler
Zachary Johnston
Jennifer McIndoe, 5th in W55-59
Kelli Palfy
Sue Parent
Catherine Scola
Rhae Shaw, 4th in W25-29, Hawaii Qualifier
Sharon Skitch
Scott Tremblay
Simone van Rheenen, 8th in W25-29
Luz Andrea Vasquez
Wendy Williams
Jay Zubick
Judit Zubovits

TEAM JAVELIN FINISHERS OF IRONMAN WISCONSIN:

Colleen Angstadt, 9th in W25-29
Brian Arett
Ed Bagley
Brian Basch
Kean Chew
Scott Christensen
Cullin Contino
Donald Corry
Thomas eVroy
Alexander Fomenko
Ron Freeman
Jamie Hatt, 9th in M25-29
Kelly Halleckson
Kerry Humphrey
Todd Jensen
Alicia Jones, 9th in W18-24
Terry Labinski, 1st in M40-44
John Latvenas
Bradly Loescher
Tricia Madey
Mauricio Maquivar

Tammy Marker
Ken Marks
Regis McGrath
Oliver Mena
Paul Milligan
John Morse
Isabelle Ricard
Brooke Shinsky
David Shinsky
Joseph Sutton
Michael Toon
Lyzane Trépanier, 7th in W25-29
Scott Willson
Brooks Yancey
Shanna Zahn
Jay Zubick

CONGRATULATIONS to all of you other Team Javelin members:

- Bryan Barletto was 17th overall at the Caesar Creek triathlon, his third triathlon ever!
- Ken McWilliams participated in the Sprint Triathlon in the World Master Games. In less than perfect conditions with cross winds gusting from 30 to 60km per hour, Ken was able to pick up a silver medal in the 35 - 39 age category with a time of 1:13:05.
- Dameon Hahn won the Lake Sahurita Triathlon, the Arizona qualifying race for the best of the US; he went on to race in the Best of the US race in Gilford, New Hampshire.
- Victor Caraballo was 9th at the Triatlo Por La Vida, in Vega Baja, Puerto Rico.
- Robin Pelton has done three sprint events in the Seattle area, placing first, third and fifth in her age group.
- Glenn Davis competed in the Diamond in the Rough in Perryville, MD. He shares his run with us... after a flat tire on the bike and with "five miles on foot left to go, ... I quickly settled into a quick pace. I didn't realize how quick until I checked my first split - 7:07.92. My best mile pace to date was 7:30, so I was concerned that I had started too fast. My heart rate was pretty high (~90% of max) and I thought to myself, 'I can't hold this heart rate', but then I thought, 'Why not?' As each successive split was faster than the one before, I realized a PR was well within my reach. I covered the last mile in 6:30 for an overall time of 34:49 (6:58 pace),... Overall a very good race for me. I can't wait to have another crack at it next year, when I'll hopefully finish the race flat-free."
- Chris Daniels shares his race notes from Ironman USA Coeur d'Alene... "On June 26, 1966, I was born. On June 26, 2005, I became an Ironman." Go to the following link for the full report: www.javelintriathlonteam.com/pdf/race_report-coeur_d_alene_2005_np.pdf.
- Mike Arts was 1st in his age group in the Lake Michigan Triathlon sprint race.
- Sherri Zadareky finished her first Ironman race, Ironman Austria!!

- Bill Benning and Rob Dahl finished the Lifetime Fitness Triathlon. Bill writes, "With temps near 100 degrees, it was very steamy!"
- Joe Renter competed in the Table Mountain Triathlon in Arvada, Colorado and the Louisville Legacy race. He placed 5th in the Clydesdale division at the Fall Frenzy in Parker, Colorado.
- Chris Troyer completed his first triathlon, the Dam '09 in San Antonio, Texas.
- Bryan Barletto finished 10th overall and 2nd in AG at the Buckeye Lake Triathlon; he finished 2nd in AG at the Buck Creek Triathlon.
- Shawna Nowak took the bronze in the Olympic distance triathlon at the International Games held in Ashkelon, Israel; she was also 2nd in AG at both the Orillia Triathlon and the Ontario Provincial Championships; lastly, she was 1st in AG and 2nd overall at the Belwood Triathlon.
- Jolene Wilkenson won the overall title for the northwest regional triathlon for females – Emmett's Triathlon in Emmett, Idaho.
- Pat Dalton was 1st in AG at the Spring Fling Formula 1 Triathlon in Buffalo, New York; he also competed in the Fly by Night Duathlon in Watkins Glen, New York and the Tri in the Buff; more recently he completed his first Musselman (half ironman distance) in Geneva, New York. Pat writes, "It's great to see others from the team out on the course."
- Brandt Johnson competed in the Tejas Triathlon in Sugar Land, Texas and the TriAmerica Triathlon in Irving, Texas.
- Calvin Sears was first in AG at the Jefferson Triathlon.
- Dave Evans competed in the Echo Challenge Half Iron Distance Triathlon in Coalville, Utah... he saw three other team members there as well. One of them must have been Scott Griffith, who was 8th in AG at the Echo Half Iron Distance Triathlon.
- Kevin Shearen was 7th in AG at the Carlsbad Triathlon.
- Don Smith completed the Dessert Half Ironman in Osoyoos, British Columbia.
- Lois Polesky was first in AG at both the Hammonton Sprint Triathlon and the Lake Lenape Triathlon, both in New Jersey.
- Mark Dillard was 1st in AG and 6th overall at the Denver Athletic Club Sprint Triathlon.
- Michelle Dillard was 10th in AG at the Danskin Denver Triathlon.
- Glyn Learmonth and Margaret Lencioni competed in the San Diego International Triathlon. Margaret was 3rd in the Athena division and this was Glyn's last race in the 25 – 29 division. Happy Birthday, Glyn!
- Glyn also competed in Vineman (his first half Ironman) where he was 9th in his age group; Margaret Lencioni competed in the Vineman Aquabike race, where she was 6th in her age group and 9th overall.
- The Feith family has been busy! Cindie was 4th in AG at the Central Florida Triathlon series #2, while Steve returned after a hip replacement to complete this race as well. Rebekka (age 11) and Jessica (age 13) have done several bike rallies, including the Ardmore Road Kill Rally in Ardmore, Oregon.
- Carlos Vicencio won the overall age group title at the Mexico National Championship at Nuevo Vallarta.
- Judit Zubovits was 3rd in AG at the Peterborough Half Ironman.
- Scott Griffith was 8th in AG at the Echo Half Iron Distance Triathlon.
- Ben Brown competed in the NYC Triathlon.
- Mitch Dornitch raced in the LAC sprint triathlon, his first half ironman and in the inaugural Disco sprint triathlon.

- Robert Schmill was 5th in AG at the Cornhusker State Games Triathlon.
- Greg Pesot competed in the Stone Harbor Triathlon in Stone Harbor, New Jersey. Click on the following link for his complete race report:
<http://www.beginnertriathlete.com/discussion/forums/thread-view.asp?tid=22707&posts=4>
- Shawna Novak took the bronze in the Olympic distance triathlon at the International Maccabiah Games held in Ashkelon, Israel. She was also 1st in AG and 2nd overall at the Belwood Triathlon.
- Brian Brunetti competed in the Carlsbad Triathlon.
- Rick Clark was 2nd in AG at the Boerne Triathlon and 4th in AG at the Marble Falls Triathlon.
- Dan Heath finished his first triathlon, an Olympic distance event.
- Doug Gatto competed in the Stony Creek Triathlon in Shelby Township, Michigan. Go to the following link to see his complete race report:
<http://www.beginnertriathlete.com/discussion/forums/thread-view.asp?tid=26778>
- Paul Middlebrook was 7th in AG at the Ukiah Sprint Triathlon.
- James Gleim's team was 4th overall at the Clif Bar Relay Challenge in Granite Bay, California
- After being hit by a car at this race last year, Jim Dugan returned this year to the Huntington's Disease Olympic Triathlon; he was 1st in the Clydesdale division and 2nd in his age group; he also was 2nd in the Clydesdale division at the second of the Key Biscayne Triathlon Trilogy.
- Mark Casell took 47 minutes off his time in his second ironman at Lake Placid. He had 30 people there to watch him, all dressing in Orange to match his uniform! "We had the best looking group there!"
- Dave Damrath was 5th overall and 1st in AG at the Crystal River Twilight Triathlon; he also completed in the Moss Park Series #3 and Clermont Series #2
- Raul Sosa completed his first half Ironman, the Steelhead Half Ironman Triathlon; he also was 2nd in AG at the Big Fish Olympic Triathlon and 2nd in AG at the Interlochen Olympic Triathlon.
- Gretchen Johnson was 6th in AG at Fergus Falls.
- Peter Fraser completed his first Ironman in Lake Placid. He writes "My Arcole was a smooth fast ride."
- Brent Gusnowski competed in the World Masters Games in Edmonton, Alberta. He was 3rd in AG and 5th overall in the Clydesdale division.
- Ben Schloegel competed in the Midwest Meltdown Half Ironman Race. He was the first amateur and 3rd overall.
- Barbara Larrain was 1st in AG at the Troika Half Ironman, 2nd in AG at the Vineman Half Ironman and 1st in AG at the Auburn Half Ironman,
- Erin Bastien was 1st in AG and 4th overall female at the Heart of Texan Triathlon.
- Ron Johnson competed in the Half Vineman
- Michael Grossman competed in the NYC Triathlon
- Jeff Lorber competed in the West Point Triathlon.
- Jon Lucchesi was 5th in AG at the Santa Barbara Sprint Triathlon
- Alex Ochman was 4th in AG at the Philadelphia Independence Triathlon; he also competed in the Sobe Mossman Triathlon.
- Ken Ball and Mary Sawyer competed in the Tom Sawyer Triathlon in Louisville, Kentucky; Mary won her age group.

- Jim Christian is the current leader in the Clydesdale division of the Tri the Parks Series; he was also 9th in this division at the Gulf Coast Half Ironman
- Brandt Johnson continued to improve his race pace in the River Cities Triathlon in Shreveport, Louisiana.
- Jean-Yves Coolen competed in the World Championship Long Distance triathlon in Denmark.
- Roland Varga was 8th in his age group at the Columbus International Triathlon; he was 7th in his age group at the Fat Rabbit Racing Endurance Half Iron Distance Triathlon.
- Adam Eikenberry was 3rd in his AG at the Canadian Iron/Half-Iron Duathlon, his first half-iron distance event.

Thank you for sending in your race results and stories! 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.

PROMOTIONS AND TEAM BENEFITS UPDATE

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

nuun – Active Hydration

Quickly picked up by triathlete's of all distances, adventure racers, and those in harsh conditions where hydration is critical, *nuun* turns any water stop into the solution for your electrolyte needs. NO SUGAR to upset your stomach or make things sticky, NO CALORIES to confuse your nutrition plan – just electrolyte hydration in the easiest, simplest, most convenient delivery possible. Drop two tabs into your water bottle, wait a minute as they dissolve, and optimal hydration is delivered with an understated lemon-lime taste that ACTUALLY TASTES GOOD so that you want to drink it.

nuun is delighted to offer members of Team Javelin 20% off each 3 or 9 tube pack of *nuun* and looks forward to hearing your stories. Please see www.nuun.com for information and ordering. Discount code: javteam05

A WORD FROM OUR SPONSORS

JAVELIN

TRIATHLETE MAGAZINE

Take advantage of Triathlete's special online (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>

FUEL BELT, Inc.

FuelBelt has sweetened the deal!

FuelBelt is proud to offer Team Javelin members a **50% discount** on all orders placed on our website. This special discount is valid through December 31, 2005. Visit us on the web: www.fuelbelt.com and use the coupon code javelin.

Stay Hydrated! Use a Fuel Belt!

ROTOR CRANKS USA

Rotor Cranks USA has revised their offer for Team Javelin athletes. Visit <http://www.javelintriathlonteam.com/discount.html> for the new order form. For more information on Rotor Cranks, visit their web site, www.rotorcranksusa.com.

Note the following recent important wins by triathletes using rotorized bikes:

1. Brazil Ironman 05-05-05 1st place, Olaf Sabatschus
2. Wisconsin Spirit of Racine 05-05-05 4th place, Chris McDonald
3. Norseman Xterra Triathlon 08-06-05 1st place, Bjorn Andersson
4. ITU World Cup in Hamburg 08-06-05 2nd place, Ana Burgos

AERO-CONCEPTS

Aero-Concepts would like to offer Team Javelin a 30 day trial offer on the Genesis Aero Bar. Try it for 30 days and if you are not completely happy, return it for a full refund. Offer ends 10/25/05. Call 610.585.8078 for more information.

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.brittonbikes.com/texan-tri-series.com for more information on their races.

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. In the off-season, show off your guns in a nicely fitted long-sleeved shirt that celebrates your accomplishments.

We are pleased to offer Team Javelin members 20% off each shirt. Thanks for your support. Code: TJAV

COACH'S CORNER

By Dave Latourette

Common Sense Nutrition:

Fueling, Hydration & Recovery

by Dave Latourette

On the heels of the last article, I had some questions regarding shorter sessions, races, or fueling in general. I hope the following might fill in some gaps for you.

FUELING:

-Pre-Event / Training Session:

Our main goal as athletes is to go into a training session or event fueled, hydrated and feeling "energetic". The following ideas may allow us to do that:

- For mid & later day training sessions you should choose to snack frequently / eat small meals throughout the day. Our bodies are more efficient at dealing with small amounts of calories frequently as opposed to big meals infrequently. All of us have noticed that huge energy crash soon after a large meal! One of my main objectives is to eat meals/snacks that have little/no refined sugars and 20-25% of calories from protein. Less than 30 minutes prior to a training session or event your best choice should likely include less protein/fat and be higher in carbohydrate calories. For higher intensity training/racing efforts I'd advise liquid calories if you have to consume anything within 1 hour of the session.
- For early morning training sessions you should shoot to get enough calories to top off your blood glycogen levels that have been depleted overnight. If you are training for less than an hour (low intensity) something as simple as a banana may do the trick. If you are training for more than that you should consider an energy bar (something with protein) and having some fluid replacement drink available on your bike.

-During Session:

- Sessions lasting less than 1 hour of low intensity there should be no need for fuel during this session if you were properly fueled going into it. For sessions with high intensity where fuel/energy levels are a concern you should consider a fluid replacement drink in your bottle.
- Sessions lasting 1-2 hours of any intensity there is a need to keep fuel sources topped off and glycogen (fuel) levels readily available. I believe you should start consuming a fluid replacement drink in the first 30 minutes of the session and continuing for the entire 2 hours. Total calories for the session should be 300-400 calories.
- Sessions lasting 2-3 hours of low to high intensity there is a need to keep fuel sources topped off and glycogen (fuel) levels readily available. Again my advice

- would be to begin drinking fluid replacement drinks within the first 20 minutes of this session or event. In the first hour you should shoot for 200 calories and up to 300 calories per hour for the remaining. You may consider solid food sources at this point. (bananas, energy bars, gels etc.)
- Any Session over 4 hours all of the ideas above apply and calories can reach up to 400 caloric needs per hour (men) after hour number one. (banana, energy bars, gels etc.) ... please refer to my previous article for more details.
- *** Remember, every athlete's size, sex, energy expenditure and fitness level warrants a different caloric need. Be sure to experiment a little to see what works for you.

HYDRATION

With regards to water, "energy drinks", and electrolytes:

Staying hydrated, as we all know, is crucial to athletic performance. A body weight loss of even 2%, as a result of de-hydration, begins to significantly hinder performance. Below are some items that we can do to enhance our hydration levels and consequently our performance:

- One way to stay on top of being hydrated is sipping on water throughout the day. Similar to eating smaller meals the body will better tolerate small amounts of fluid frequently through the course of a day. Be careful not to over hydrate. Too much pure water can force your body to excrete valuable electrolytes and minerals.
- For warm/hot humid conditions experienced in the south, a minimum of 20oz an hour during training is a good place to start. More often athletes can and need to consume up to 25-30oz of fluid per hour. When I was training in Arkansas during the warmer months I would be shooting for 24oz of fluid per hour. For example; on a 5 hour training ride I would consume a large water bottle every hour, therefore stopping to fill water bottles at the 2 & 4 hour mark. Quite often I'd also take in extra fluid when I stopped.
- What do you put in your bottle? Low intensity training less than 1hr and water is just fine. Anything over an hour (we are talking hot & humid weather) fluid replacement/electrolyte drinks are my beverage of choice. Not only do carbohydrate and sodium aid digestion but you need the carbohydrate calories in that drink to help fuel the body.
- Electrolytes (please see the notes at the bottom regarding this)

RECOVERY (from training and racing):

- Why? Pretty simple stuff! Those athletes that pay attention to their recovery nutrition on a daily basis are the ones that can consistently come back day after day and train AND consequently have better performance. If you can't recover from a training session or event it's going to be difficult to come back the next day and train or race again. Considering that consistency of training is one of the most crucial factors to improved fitness and performance. It makes incredible sense for those with intent on performing at a higher level to pay special attention to their recovery nutrition!

- When? The best time to begin re-fueling and recovering is within the first 15-20 minutes post workout or event. The body's ability to uptake nutrients is more efficient within the first two hours after training/racing but the first 30 minutes are the best opportunity. Using a small recovery "snack" or drink also allows you to bridge the gap to your next balanced meal, preferably consumed within the next hour.
 - What? The first item you need to replace is carbohydrate, considering it's the one most depleted during training and racing. The second item to consider is a small amount of protein combined with your carbohydrate. Studies have shown a ratio of 4-1 or 5-1 (carb-protein) provides a quicker uptake of that carbohydrate. A couple simple/quick items you can use are Endurox R4, low fat chocolate milk, and Power-Bar Recover drink.
- *** There are other items that can aid in recovery (i.e. - glutamine). These items can get expensive but may be worth some researching if you are having trouble recovering from sessions or are doing larger volumes of training.

Remember, if you are going to train, Train to Endure!

My Best,
Dave