

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

"A lot of people run a race to see who's the fastest. I run to see who has the most guts." Steve Prefontaine

In This Newsletter

- [SLB Website is up!](http://www.slb-coaching.com/) – <http://www.slb-coaching.com/>
- [Winter Coaching Programs](#)
 - [Tri Stroke Clinic](#)
 - [E-Mail Coaching](#)
- [Bike Fit Program](#)
- [Swim Stroke Video Tape Analysis](#)
- [SLB Group Rides and Runs](#)
 - [January 25](#) – Ride
 - [February 1](#) – Ride
 - [February 8](#) - Ride
- [NYRRC Team Championship Final Points Standings](#) – Mercury Masters Club Team Champions
- [Tip of The Week](#)
 - [Winter Training \(Base Phase\)](#)
 - [Winter Training Focus](#)
- [Clinics](#)
 - [Urban Athletics](#) - February
 - [5BBC](#) – February
 - [Larry & Jeff's Bicycles Plus](#) – January & February
- [Races](#)
 - [New York Road Runners Races](#)
 - [January Races](#)
 - [February Races](#)
 - [Prospect Park Track Club](#) – February Race
 - [Taconic Road Runners Races](#) – February Races
 - [New York Triathlon Club Races](#) – March Race
 - [The Armory Track & Field Center](#)
 - [January Races](#)
 - [February and March Races](#)
- [Key Races](#)
 - [NYRR Points Races](#) – as of January 13, 2003
 - [Men](#)
 - [Women](#)
 - [Eagleman / Blackwater](#) – June Race
 - [Tupper Lake](#) – June Race
 - [IM USA Lake Placid](#) – July Race
- [Miscellaneous – Athlete Public Service Announcements](#)
 - [Apartment to Share](#)
 - [Bike for Sale](#)

January 19, 2003

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Page 1 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

[\(Back to Top\)](#)

SLB Website is up!

The SLB Coaching and Training Systems website is on-line. The site has race schedules, links (races, clubs, gear, nutrition, cycling, running, swimming and triathlon), race reports and stories, training tips, clinic schedules and more. To visit the site click on the URL below, or copy the URL into your browser.

<http://www.slb-coaching.com/>

[\(Back to Top\)](#)

Winter Coaching Programs

Tri Stroke Clinic – Saturdays 3:00 pm – 4:00 pm

10 weekly sessions on Saturday afternoons at Asphalt Green. All sessions meet at 3:00 pm to 4:00 pm. We do underwater video taping of your stroke for detailed analysis.

We use the only Olympic pool in NYC – Asphalt Green (91st Street and York Avenue). This program is designed for triathletes with basic swimming skills through advanced triathletes looking to improve their swim times. Basic requirements are the ability to swim 100 yards without stopping and a desire to improve. We will work on basic fitness, stroke skills and design a training program that will help you meet your goals.

Schedule

Winter Session – December 7 thru March 1

Spring Session – March 8 thru May 10

Summer Session – May 17 thru August 16

Fall Session – September 6 thru November 8

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Neil.L.Cook@mindspring.com

E-Mail Coaching

A coaching program that provides weekly workout plans for **Runners, Marathoners, Triathletes, Swimmers** and **Cyclists**. The program is on a monthly basis.

A training program for runners and marathoners. This program is designed to prepare you for a goal race or just to improve fitness and performance. The E-Mail Coaching Program is for **Marathoners, Runners, Triathletes, Swimmers** and **Cyclists**. The program includes a personalized training program for each week, geared towards your goals. The program is designed to take you from your current fitness and skill level to a level that will allow you to reach your goals.

January 19, 2003

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Page 2 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

The weekly training sessions will include – base building, strength building, speed building and race preparation. The training program will include Hill, Lactate Threshold, Speed, Tempo workouts, Long and Middle distance workouts and recovery days.

If you are attempting your first race, the workouts will get you ready to complete your first race successfully and enjoyably. If you are an experienced athlete, the workouts will help you reach your goals for the season. Beginning, experience and advanced athletes are welcome.

Session Dates

Sessions are monthly – you can sign-up for a set number of months or sign-up on a month-to-month basis.

For additional information on any of these programs, contact: Neil L. Cook, 212-472-9281 or 917-575-1901 or Neil.L.Cook@mindspring.com

[\(Back to Top\)](#)

Bike Fit Program

Getting the proper bike fit is critical to riding comfortably and getting the most power from your body. As a Serotta certified Advanced Bike Fit Specialist, I am able to adjust your bike fit and riding position to optimize comfort and power.

[\(Back to Top\)](#)

Swim Stroke Video Tape Analysis

We now offer private and group Swim Stroke Video Tape Analysis. Using an underwater video camera we will tape your stroke and provide an analysis of your technique.

One of the key tools for stroke improvement is Video Tape Analysis. The ability to make stroke corrections depends on a good body awareness – a good kinesthetic sense. It is difficult to break old habits. It is especially difficult when you do not have a good image of your stroke.

Using an underwater video camera and taping your swimming, we can greatly improve your kinesthetic sense, awareness of your stroke, body position, mechanics and stroke.

We do private Stroke Video Tape Analysis. These are 15 minutes, 30 minute or 60 minute sessions of underwater and above water video taping of your swimming. We will tape you from the end of the pool – head on view, and from the side of the pool as you swim – side view.

Contact us for more details.

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

[\(Back to Top\)](#)

SLB Group Rides and Runs

You are welcome to join us on our weekend rides and runs. These are unofficial workouts, just a group of athletes getting together to do longer rides and runs. All levels of fitness are welcome, I'm pretty out of shape myself, so you'll not be the slowest in the group. The cost for riding or running with us is: have fun, buddy up with someone and watch-out for each other, help each other out and have FUN. Did I mention the surcharge? HAVE FUN!

I'll be offering assistance with flats and basic bike maintenance and care as usual. But, you should always ride with 2 spare tubes, a frame pump (or CO2 cartridges), tire levers, basic bike tool, water & electrolyte replacement fluid, food - energy bars, gel packets or a bagel, identification, medical ID, cash and a credit card. I'll provide route maps and directions, stories and a few jokes!

We wait about 5 to 10 minutes for those that have difficulty getting up on the weekends.

In order to avoid confusion and potential problems, please use the following policy concerning group rides and runs:

Group Runs

Ice and Snow – If the roads are covered with either **ice or snow**, the group run will be cancelled.

Temperature – When the temperature or the Wind Chill is **below 0°**, the group run will be cancelled.

Weather Warnings – Any **weather advisory** or **storm warning** will cancel the group run.

Group Rides

Ice and Snow –

If it is **snowing or sleeting** or the roads are covered with either **ice or snow**, the group ride will be cancelled.

Temperature – When the temperature or the Wind Chill is **below 35°**, the group ride will be cancelled.

Wind – Severe wind conditions will also cancel the group ride. Winds **above 25 mph** or **gusts above 35 mph** will cancel the group ride.

Rain – Heavy rain will cancel the group ride.

Weather Warnings – Any **weather advisory** or **storm warning** will cancel the group ride.

These guidelines are safety precautions. You will need to use your judgment and common sense. If you feel uncomfortable about running or cycling in the weather conditions, don't! And, if you arrive at the meeting location and no one is there – go home and don't ride!

January 19, 2003

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Page 4 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

You are better off skipping a run or ride in bad weather and making up the workout on an off day.

Saturday, January 25

SLB Group Ride, meet @ Loeb Boathouse, Central Park 8 am. Piermont, NY via Rt. 9W. Return via Rt. 9W. (Route Sheet available via e-mail) 50 miles.

Saturday, February 1

SLB Group Ride, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and Jones Road through Fort Lee. (Route Sheet available via e-mail) 50+ miles.

Saturday, February 8

SLB Group Ride, meet @ Loeb Boathouse, Central Park 8 am. Nyack, NY via River Road, the Alpine Hill, Rt. 9W. Return via Rt. 501 and East Palisades Avenue. (Route Sheet available via e-mail) 50+ miles.

[\(Back to Top\)](#)

Race News

The Mercury Masters have won the Veterans Women's Team Points Championship! The new team of over 50 year old women clinched the points title with outstanding performances by a number of team members and the support of the entire team.

2002 NYRR CLUB CHAMPIONSHIPS

Veteran Women

PLACE	TEAM	TOTAL	2/23	3/9	4/13	5/12	6/8	6/29	8/17	9/22	10/13	11/3	12/15
1	MERM	174	8	15	15	15	10	15	30	15	15	12	24
2	MILL	143	12	12	10	12	12	10	20		10	15	30
3	GNV	118	6	10	12	10	8	12	16	10	8	6	20
4	NYF	76	10	8		8	6	8	10			10	16
5	CPTC	66	15				15		24	12			
6	PPTC	24					4		12			8	
7	TRR	17					5						12
8	VCTC	14		6					8				
9	RKTS	12										12	

January 19, 2003

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Page 5 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

10	FRNY	6	6
11	SHOR	5	5

If you are a woman over 50 and are looking for a group to run with, go to there website: <http://www.MercuryMasters.org> for more information. Although they are now the top over 50 women's team in NYC, they welcome women of all abilities.

[\(Back to Top\)](#)

Tip of the Week

Winter Training (Base Phase)

"The more we do, the more we can do." – William Hazlitt

The off season – winter season – is the perfect time to built both the physiological and neuromuscular basis of a successful racing season come spring and summer. Without the distractions of races, time can be devoted to building a solid physiological base for a successful racing season. It is also the perfect time to improve two critical cycling skills needed for successful racing – cadence and pedaling technique.

The weather should not be a deterrent. It is easy to find alternatives to riding outdoors. When the weather is bad outside, doing the serious indoor training is easy!

Base Building – Aerobic Phase

Winter is the time to build mileage. After a recovery phase of 4 to 6 weeks, you should start your Base Building Phase. During the Base Building Phase your goals are to increase aerobic fitness, increase mileage:

- Build cardiovascular and muscular endurance.
- Improve VO₂max.
- Build up base mileage and distance of long workouts.

Build up the distance of your long run, ride and swim gradually. The effort during this phase should be at a comfortable level. Usually, this is 80% or less of maximum effort. You need to include at least one long run every three weeks, one long ride on an alternate weekend. In the pool you should work on distance too. Gradually increase the length of your swim to 1.5 times the distance you'll be racing (for sprint distances, for Half and full Ironman distances work up to race distance). These long swims should be done on alternate weekends from your long run and long ride.

For example – week 1 do a long run, week 2 do a long ride and week 3 do a long swim, week 4 start the cycle again.

During the week alternate medium distance runs, rides and swims with Active Recovery Days (or days off). It's usually better to take an Active Recovery Day, than to take a day totally off. This would be a run of 1 to 3 miles at 60-65% effort (of maximum heart rate). A ride of about 30 minutes – an easy spin with friends. The swim should be less than 30 minutes.

January 19, 2003

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Page 6 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

The benefit of an Active Recovery Day over a day off is that if you increase the blood flow to muscles the waste and soreness will diminish faster than with total rest.

Winter presents training challenges. It's difficult to get all of your mileage in with winter weather. Using a cycle trainer (or rollers or a stationary bike) and a treadmill, you should be able to train regardless of the weather. When using a cycle trainer (or rollers or a stationary bike) is a good opportunity to work on your pedal stroke (practice pedaling in circles) and your cadence. When using a treadmill set the incline to 1% to 2%. This will closely approximate the effort of running outdoors.

Adding Strength Training

After 4 weeks add a hill training session to your running and cycling workout. Start with about 4 repeats up a 6% to 9% hill. The hill should take you between 2 and 6 minutes to climb. During this workout, emphasize muscular effort instead of speed or spinning. When running hills focus on a high knee lift, a full leg extension (especially pushing off with your toes) and getting off the ground. Do not worry about getting up the hill fast. When cycling hills use a big gear and a slow cadence – 50 rpm is a good starting point. Use muscle power to get you up the hill, standing for as much of it as possible. The goals of this workout are:

- Build muscular strength.
- Build muscular strength, increase capillary beds, build mitochondria, and improve Lactate enzyme response.
- Raise Lactate Threshold.

The Base Phase should last a minimum of 12 weeks, longer if possible.

Off-Season Conditioning

Off-Season Conditioning focuses on the Base Building – Aerobic Phase. You can add strength building activities during the winter too. Do not let the weather deter you from your training. Building a good base during the winter is the key to a successful Spring and Summer.

The focus should be on building weekly mileage and the distance of your long workout. Do not focus on speed. Track only distance or time, not speed. Plan workouts to cover a specific distance or a specific amount of time. Gradually build up the weekly total and the distance or time of your long workout.

Spinning

Spinning classes are an excellent way to build your Base – Aerobic fitness. They are also a good way to work on the two critical skills – cadence and pedaling technique (pedaling in circles). But, be careful of spin classes. Most are not cycling specific. You should not use a stationary bike to build strength. Use it to build Base – Aerobic fitness and cycling techniques. Keep the resistance low – just enough to provide feel for the pedals. As you improve your technique – pedaling in circles and increased cadence – you can increase the resistance. You need just enough resistance so that you can apply pedal pressure to maintain a smooth technique.

Work on cadence and circles in Spinning classes.

January 19, 2003

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Page 7 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

Trainers

Trainers are an excellent tool for winter training. The more control and information you get the better off you will be. It is important to be able to vary the resistance the trainer provides, without getting off your bike or stopping your workout. This will allow you to simulate riding outdoors. Add more resistance to simulate a hill, reduce the resistance to simulate riding flat terrain or down hill.

It is also important to know your cadence. Some high end trainers offer information about your pedal technique – differences between right and left pedal, variations in power throughout the pedal stroke.

Trainers come in wind, fluid and magnetic versions.

Rollers

Rollers add the feel of riding outdoors – you are not attached to the rollers and must maintain your balance. They are for the expert rider.

Rollers come in simple – no control of resistance, to advanced – control over resistance.

Weights

Alternate workouts are great for the winter. When the weather is really bad and you have been riding your trainer for weeks, it's great to go to the gym and lift weights. As long as you are working on your Base Building – Aerobic Phase, adding strength work is fine. Do not sacrifice your Base Building – Aerobic work for strength-weights. Doing weight work during the Winter will also not interfere with your rides and races.

Use only free weights or pulleys. Get directions on the use of the equipment before you begin. Always work with a partner – spotter.

[\(Back to Top\)](#)

Winter Training Focus

During the winter you should be focusing on two things – building base mileage and building strength. The majority of your efforts and training time should be spent on those two goals.

Racing During Base Phase Training

Races are to be avoided. Not all together, but they must fit your training plan and not take away from your training time or effort. Don't sacrifice a long workout for a race. If your plan calls for a long ride on Saturday and a long run on Sunday, it is possible to race on Sunday. Just add miles before the race. Adding miles before (instead of after) the race allows you to get in the long workout and race at less than race effort.

January 19, 2003

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Page 8 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

Build Mileage

Increase your mileage during the Base Building Phase. Work in two and four week training blocks. Weeks one and two do the same mileage for the week and for your long workout. Week three increase the distance of your long workout. Week four do the same mileage as week three. Week five is a recovery week – decrease your weekly mileage and the distance of your long workout by 10 to 20%. This will allow your body to recover and rebuild muscle.

Week	Weekly Mileage	Long Run
1	30 miles	8 miles
2	30 miles	8 miles
3	33 miles	10 miles
4	33 miles	10 miles
5	35 miles	8 miles
6	38 miles	12 miles
7	38 miles	12 miles
8	40 miles	14 miles
9	40 miles	14 miles
10	38 miles	10 miles
11	45 miles	16 miles
12	45 miles	16 miles
13	45 miles	18 miles
14	45 miles	18 miles
15	40 miles	12 miles
16	45 miles	20 miles

Build Strength

By increasing both your weekly mileage and the distance of your long workout, you will be building endurance and strength. But, you need to do a bit more during the Base Building Phase. One of the misconceptions of the Base Building Phase is LSD. LSD is usually referred to as Long Slow Distance. But, it originally meant Long Steady Distance. And it was only one part of the Base Building Phase.

January 19, 2003

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Page 9 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

As you build distance and endurance, you should also begin building strength. One workout per week should be devoted to strength building. The best way to add a strength building workout is to add hills. Doing hill drills and repeats builds strength and reduces the risk of injury.

Plyometrics

You can also add a supplemental workout to your weekly training plan. Plyometrics are an excellent strength building method. Add a single Plyometric session each week. This session should only take 30 minutes. Select a routine that emphasizes leg strength. Be sure to warm-up and cool-down properly. Focus on leg strength.

Explosive Strength

Explosive strength has been shown to be a key element of running and cycling performance. By increasing your explosive strength during the Base Building Phase you will prepare your body for the Speed Building Phase. Plyometrics is an excellent method of building explosive strength.

Weights

Weights are the traditional method of building strength. Use free weights so that you are building strength around the joints and not isolating single muscles. Use light weights and a high number of repetitions. Start with a weight you can lift 12 to 15 times. Do not work to failure.

Use free weights to build upper body strength.

Have a Plan

Your training needs to be well designed. Select a Key Race. This is the race all of your training is geared towards. Plan your training phases back from your Key Race – Taper, Speed Building Phase, Strength Building Phase and Base Building Phase.

Now add secondary races to your schedule. Select races that will compliment your training plan – races that fit the training phase – and races that will prepare you for your Key Race. If you are attempting your first Triathlon, include running races up to the distance of the run portion of your first Triathlon. If you are moving up in distance, schedule a few races at shorter but increasing distances.

Build for Two Years Ahead

The real benefit of this type of program is two years in the future. You will reap benefits during the first year you adopt this approach to your training, but the greatest benefit will be two years after you start this type of program.

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Page 10 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

[\(Back to Top\)](#)

Clinics

Cycle Clinics – Wednesday 6:30 pm – 7:30 pm

These are a series of free clinics for the **Cyclists** and **Triathlete**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Transition – Getting it Right!, Getting Ready for Competition, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops and at local triathlon races.

There are a series of free clinics for **Cyclists**. They cover Bike Fit – Getting the Most Out of Your Bike, Bike Maintenance, Tire Changing, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right. They are offered free of charge at local bicycle shops.

Urban Athletics:

Urban Athletics – 2 World Financial Center (Winter Garden), 212-267-2247

- **February** –
 - **Monday, February 24, 2003, 6:00 pm** - Triathlon Training – Getting it Right

5BBC:

5BBC – 891 Amsterdam Avenue (103 Street), 212-932-2300 x115

- **February** –
 - **Monday, February 10, 2003, 7:00 pm** - Bike Fit
Refreshments will be served

Larry & Jeff's Bicycles Plus:

Larry & Jeff's Bicycles Plus – 1690 Second Avenue (87 Street), 212-722-2201

- **January** –
 - **Wednesday, January 22, 6:30pm:** Maintenance & Tire Changing
- **February** –
 - **Wednesday, February 19, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning
 - **Wednesday, February 26, 6:30pm:** Maintenance & Tire Changing

January 19, 2003

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Page 11 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

[\(Back to Top\)](#)

Races

Do you have a favorite race? Send me the details to have it included in the SLB Newsletter.

New York Road Runners Race Schedule – 2003

<http://www.nyrr.org>

Event Schedule Key

- S** Scored Race
 - Q** 2004 New York City Marathon Qualifying Race
 - \$** NYRR Prize Money Race (*info coming soon*)
 - +W** Club Points Race for Women
 - +M** Club Points Race for Men
- All races are co-ed unless otherwise indicated.

January

Sun 26 NYRR Gridiron Classic and Longest Football Throw (8:45a) 5K 9:30a S Q
Thurs 30 Thursday Night at the Races, Armory Track and Field Center var. 7:00p

February

Sat 1 [NYRR Al Gordon 15K](#) 15K 9:30a S Q
Tues 4 Fleet Empire State Building Run-Up 86 fl 10:30a S
Sun 9 [Thomson Valentine's Twosome \(2M-9:00a, 10K-9:30a\)](#) 10K/2M 9:00a S Q
Thurs 13 [Thursday Night at the Races, Armory Track and Field Center](#) var. 7:00p
Sat 15 NYRR Metropolitan 50-Mile 50M 8:00a S Q
Sat 15 NYRR Kurt Steiner 50K 50K 9:00a S Q
Sat 22 [NYRR Snowflake 4-Mile \(Men-8:30a, Women-9:30a\)](#) 4M 8:30a S Q +M/W
Sat 22 [NYRR Club Night, Hilton New York](#) 6:30p
Thurs 27 [Thursday Night at the Races, Armory Track and Field Center](#) var. 7:00p

Prospect Park Track Club Race Schedule – 2003

Saturday, February 22

Cherry Tree 10 Mile, Prospect Park, <http://www.pptc.org>

Taconic Road Runners Race Schedule – 2003

<http://www.Runner.org>

Freezer 5K February 2	Barbara Brittan	914-747-7431
	Jerry Radlauer	914-584-0039
Freezer 5M February 16	Barbara Brittan	914-747-7431
	Jerry Radlauer	914-584-0039

Bold indicates application available!

On-Line entry available at <http://Active.com> for some races too.

January 19, 2003

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Page 12 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

New York Triathlon Club Race Schedule – 2003

<http://www.nytc.org>

March 30 - 17th Annual MARCH MADNESS BIATHLON

Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

[Race Info](#) - [Acceptance Letter](#) - [Map](#) - [Photos](#) - [Enter Online](#)

Armory Track & Field Center Schedule – 2003

January 2003

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>Lev</u>	<u>Contact</u>
Mon Jan 20	ML King Relays	9am-5pm	HS	Bob Orazem 718-707-4208
Wed Jan 22	HCIAA Individual Champs	5-8:30am		John Sauter 201-861-2555w; 201-388-7178cell
Fri Jan 24	<u>NY Elite TC Invitational</u>	1-7pm	C,O	ROBERT HILL 212-690-2825
Sat Jan 25	<u>New Balance Games</u>	9-7pm	HS	Lou Vazquez (212) 923-1803 x14

New Balance Games: Elite Runners interested in the Elite Mile run should contact Ian Brooks at ianb@nyrrc.org

Sun Jan 26	<u>NYCHSAA & BQCHSAA Boys</u>	9-6pm	HS	Pat Dormer (516) 746-9628 (NY) Frank McCartney (718) 981-5778
Mon Jan 27	<u>Ridgewood Frosh-Novice</u>	4:30-9pm	HS	Jacob Brown
Wed Jan 29	<u>Bergen County Relays - (Bergen County Schools)</u>	4-9pm	HS	Mike Glynn (201) 670-2802
Thu Jan 30	NYRRC "Thursday Night at the Races"	7-10pm		Ian Brooks (212) 423-2241
Fri Jan 31	Ivy League	4-7pm	HS	Brian Kivlan (212) 932-6839
Fri Jan 31	<u>MAC Sprint/Dist Championship</u>	7-11pm	YOM	MACTRACKNY@aol.com (718) 488-5711

February & March 2003

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>Lev</u>	<u>Contact</u>
Sat Feb 1	Met Intercollegiates	9am-4pm	C	Ed Gorman 201 489 1130

January 19, 2003

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Page 13 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

Sat Feb 1	Highlanders Dual Meet series	5-8pm	HS	<u>Scott Copperman</u> 973-697-1701 ext 442
Sun Feb 2	<u>MAC Youth Championship</u>	9-5pm	Y	<u>MACTRACKNY@aol.com</u> (718) 488-5711
Mon Feb 3	No. NJ League Champs	4:30-9:30pm	HS	<u>Mike Glynn</u> (201) 670-2802
Wed Feb 5	<u>The Metropolitan Invitational</u>	4:30-10	HS	<u>Mike Glynn</u> (201) 670-2802
Thu Feb 6	Millrose Games Clinic	11am-2pm		Drew Frazier, 203 363 1084
Fri Feb 7	BCSL	4-8pm	HS	Joe Taibi (201) 313-2377
Sat Feb 8	<u>CHSAA Frosh/Soph Champs</u> <u>Girls NYCHSAA & BQCHSAA Champs</u>	9-3pm 3-6pm	HS	<u>Lou Vazquez</u> (212) 923-1803 <u>Maureen Myers</u> (718) 763-1100
Sun Feb 9	PSAL <u>QUEENS BORO CHAMPS</u>	9-2pm	HS	<u>Bob Orazem</u> 718-707-4208
Sun Feb 9	NJ Collegiate Track Champs	2-11pm	C	Mark Griffin 201 2003365
Mon Feb 10	<u>Ridgewood HS Varsity Classic</u>	4-10:30pm	HS	<u>Jacob Brown</u>
Wed Feb 12	Hudson County Champs	5-8:30pm	HS	<u>Stan Fryczynski</u> (201) 974-2029
Thu Feb 13	NYRRC "Thursday Night at the Races	7-10pm		<u>Ian Brooks</u> (212) 423-2241
Fri Feb 14	<u>Armory Collegiate Invitational</u> Come see the nation's top teams at the nation's fastest track!	1-7pm	C	<u>Jack Pfeifer</u> (212) 923-1803 x26
Sat Feb 15	<u>Armory Collegiate Invitational</u> Come see the nation's top teams at the nation's fastest track!	9am-5pm	C	<u>Jack Pfeifer</u> (212) 923-1803 x26
Sun Feb 16	<u>76th CHSAA Championships</u>	9-5pm	HS	<u>Lou Vazquez</u> (212) 923-1803 x14
Sun Feb 16	PSAL <u>STATEN ISLAND BORO CHAMPS</u>	6-10pm	HS	<u>Bob Orazem</u> 718-707-4208
Mon Feb 17	<u>Bergen County Championship</u>	9-1pm	HS	<u>Mike Glynn</u> (201) 670-2802

January 19, 2003

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Page 14 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

Wed Feb 19	PAL Championships	9-3pm	Y	Jim Dolan (212) 477-9450 x333
Wed Feb 19	Ivy League Prep	4-7pm	HS	<u>Brian Kivlan</u> (212) 932-6839
Fri Feb 21	<u>Long Island Challenge</u>	10am-5PM	HS	<u>Rich Degnan</u> 516 781 1763
Fri Feb 21	<u>MAC Last Chance</u>	6-11pm	YOM	<u>MACTRACKNY@aol.com</u> (718) 488-5711
Sat Feb 22	<u>Mayor's Trophy Meet</u>	9-7pm	HS	<u>Lou Vazquez</u> (212) 923-1803
Sun Feb 23	NJAC Championships	9-1pm	?	Larry James 609 652 4876
Sun Feb 23	PSAL <u>BRONX & MANHATTAN BORO CHAMPS</u>	1-8pm	HS	<u>Bob Orazem</u> 718-707-4208
Tue Feb 25	<u>66th Eastern States Champs</u>	4-11pm	HS	<u>Mike Glynn</u> (201) 670-2802 <u>Jacob Brown</u>
Wed Feb 26	PSAL Clinic	pm	HS	<u>Bob Orazem</u> 718-707-4208
Thu Feb 27	NYRRC "Thursday Night at the Races	7-10pm		<u>Ian Brooks</u> (212) 423-2241
Fri Feb 28	<u>NYU Fast Track Invitational</u>	5-10pm	C	<u>Nick McDonough</u> 212 998 2051
Sat Mar 1	<u>94th PSAL Championships Standards</u>	9-5pm	HS	<u>Bob Orazem</u> 718-707-4208
Sun Mar 2	<u>MAC Youth Invitational</u>	9-5pm	Y	<u>MACTRACKNY@aol.com</u> (718) 488-5711
Sun Mar 2	CUNY Championships	6-10:30pm	C	<u>Ted Hurwitz</u> (718) 960-7191
Sun Mar 2	<u>Coogan's Salsa Blues 5K</u>	9am	O	Peter Walsh & David Hunt (212) 928-1234
Sat Mar 8	PSAL	9-5pm	HS	<u>Bob Orazem</u> 718-707-4208
Sun Mar 9	<u>MAC Upen & Masters Champs</u>	9-5pm	HS	<u>MACTRACKNY@aol.com</u> (718) 488-5711
Fri-Sat-Sun Mar 14-16	<u>National Scholastic Indoor Champs</u>		HS	<u>MACTRACKNY@aol.com</u> (718) 488-5711
Sat Mar 22	<u>Frontrunners Meet</u>	12-4pm	OM	<u>Martin McElhiney</u> (212) 673-5461

January 19, 2003

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Page 15 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

[\(Back to Top\)](#)

Key Races

NYRR Points Races – As of January 13, 2003

MEN

February 22	Snowflake 4 Miler	Central Park
March 8	Brooklyn Half Marathon	Brooklyn
April 5	NYRR 8000	Central Park
April 27	Tom LaBrequé 4 Miler	Central Park
May 17	Queens Half Marathon	Queens
June 1	Race Against Teen Smoking 4M	Central Park
June 15	Father's Day 4 miler	Central Park
August 9	Club/Team Championships	Central Park
August 30	Run to Liberty 10K	Lower Manhattan
October 12	Staten Island Half	Staten Island
November 2	NYC Marathon	NYC
December 14	Joe Kleinerman 10K - Championships - Double Points	Central Park

WOMEN

February 22	Snowflake 4 Miler	Central Park
March 2	Coogan's 5K	Fort Washington
March 29	NYRR race	Central Park
April 5	NYRR 8000	Central Park
April 27	Tom LaBrequé 4 Miler	Central Park
May 11	Women's Half	Central Park
June 7	NY Mini 10K	CPW Central Park
August 9	Club/Team Championships	Central Park
August 30	Run to Liberty 10K	Lower Manhattan

January 19, 2003

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Page 16 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

October 12	Staten Island Half	Staten Island
November 2	NYC Marathon	NYC
December 14	Joe Kleinerman 10K	Central Park

[\(Back to Top\)](#)

Eagleman / Blackwater

<http://www.tricolumbia.org/>

The Blackwater Eagleman Triathlon (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)

Sunday, June 8, 2001 7:30 am (starting time depends on tides)

Tupper Lake

<http://www.tupperlakeinfo.com/tinman.htm>

Tupper Lake Tinman Half Ironman Distance (1.2 mile Swim / 56 mile Bike / 13.1 mile Run)

Tupper Lake Tinman Sprint Distance (½ mile Swim / 20 mile Bike / 10 Km Run)

The Tupper Lake Tinman Triathlon, located in the center of the unique Adirondack Park of upstate New York, marks its 21st year of athletic competition. The 1.2 mile swim, 56 mile bike, and 13.2 mile run make the Tinman course a true test of endurance while taking the competitors through this beautiful region.

Saturday June 28, 2003 8:00 am (Tinman), 8:30 am (Sprint)

Ironman USA Lake Placid

<http://www.ironmanusa.com/>

Ironman USA Lake Placid (2.4 mile Swim / 112 mile Bike / 26.2 mile Run)

The 2003 Ironman USA Lake Placid triathlon has been closed to general entry, only two weeks after the 2002 event took place in the tiny, upstate village, known internationally for hosting two Winter Olympics (1932 and 1980).

January 19, 2003

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Page 17 of 18

SLB Coaching & Training Systems

SLB Weekly Newsletter #7 week of January 20, 2003

Sunday July 27, 2003 7:00 am

[\(Back to Top\)](#)

Miscellaneous – Athlete Public Service Announcements

Apartment to Share:

BEAT MANHATTAN RENTS, SLEEP LATER, GET TO WORK FASTER. Did you know you can get to Midtown from Astoria in just 20 minutes? Peter Burger is looking for a roommate starting in mid February. He lives in a nice two-bedroom apartment in this hip section of Queens. Located just three stops from 59th St./Lexington Ave. on the N/R line. Bedroom furnished with armoire; faces East (sunlight!). Large kitchen and living room. Parquet floors. \$650/month. Contact Peter at peter.burger@ey.com or at 917-517-5748 on the weekend or 212-773-6673 (work) during the week.

Bike for Sale:

57cm Litespeed classic, in mint condition, fully equipped with Shimano Dura Ace STI, Syncros stem and seat post, Cateye computer, Look 396 pedals and the choice of either Dura Ace wheels (very light) with Continental Gran Prix tires or standard clincher rims. Asking Price: \$1,550 with standard wheels, \$1,850 with DA wheels. Contact Allan Bobadilla at 718.398.3020 (h), 347.680.0152 (mobile). alb2011@med.cornell.edu

[\(Back to Top\)](#)