

# SLB Coaching & Training Systems

## SLB Weekly Newsletter

### *SLB Group Rides and Runs*

#### **Sunday, December 15**

**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 the Walnut Street Hills. (Route Sheet available via e-mail) 50+ miles.

#### **Sunday, December 22**

**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 the Walnut Street Hills. (Route Sheet available via e-mail) 50+ miles.

#### **Saturday, December 28**

**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 the Walnut Street Hills. (Route Sheet available via e-mail) 50+ miles.

### *Races*

#### **Saturday, December 14**

**Jingle Bell** 5 Km Franklin Lakes, NJ, MBSS Franklin Lake Road 9:30 am, USATF certified course, <http://www.OYMP.net/> This race is part of the NJ Grand Prix (500 points).

#### **Sunday, December 15**

**Joe Kleinerman** 10 Km Central Park East Drive @ 97 Street, number pick-up @ NYRR, 9:30 am, NYRR <http://www.nyrrc.org/> This is a scored and a NYCM qualifying race.

#### **Saturday, December 21**

**The Beach Blast** 5 Km, Newton, NJ 1:00 pm, The Bears Running Club 973-383-7933, [bearsrunningclub@aol.com](mailto:bearsrunningclub@aol.com), "if you race in a bathing suit (just a bathing suit), your entry is free" otherwise it's \$8 pre and \$10 day of!

**HO HO HO Holiday** 5 Km, 9:30 am, Bethpage HS, Bethpage, LI, Greater Long Island Runners Club, <http://www.glirc.org>

#### **Sunday, December 22**

**Holiday Four Miler**, Central Park East Drive @ 97 Street, number pick-up @ NYRR, 9:30 am, NYRR <http://www.nyrrc.org/> This is a scored and a NYCM qualifying race.

December 8, 2002

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**Sunday, December 29**

**The Chilly Hilly Challenge** 5 Km, County College of Morris, Randolph, NJ,  
<http://www.OYMP.net/> .

**Saturday, February 22**

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

### *New York Triathlon Club Race Schedule – 2003*

**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](#)

**April 27 - 19th Annual BRONX BIATHLON**

Orchard Beach, Bronx - Run-3 mi. Bike-18 mi. Run-3 mi

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

**May 10 (Saturday) - 15th Annual SPRING COUPLES RELAY**

Central Park - Run-2.2 mi. Bike-12 mi. Row-3/4 mi Male/Female Teams

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

**May 18 - 19th Annual QUEENS BIATHLON**

Alley Park - Run-3 mi. Bike-18 mi. Run-3 mi.

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

**June 8 - 18th Annual NY TRI/BI-ATHLON SERIES #1**

Harriman St. Pk. - Triathlon: Swim-1/2m Bike-16m Run-3 mi Biathlon: Run-3m. Bike-16m Run-3m

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

**June 22 - 2nd Annual WESTCHESTER MEDICAL CENTER BIATHLON**

Valhalla, NY - Run-2 mi. Bike-16 mi. Run-2 mi.

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

**July 13 - 7th Annual HUDSON VALLEY TRI/BI-ATHLON**

Ulster County, NY - Swim-1.5K Bike-40K Run-10K \*\*\* Run-5K Bike-40K Run-5K see Bulletin Board)

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

**Aug. 10 - 18th Annual NY TRI/BI-ATHLON SERIES #2**

Harriman St. Pk. - Triathlon: Swim-1/2m Bike-16m Run-3 mi, Biathlon: Run-3m. Bike-16m Run-3m

[Race Info](#) - [Map](#) - [Photos](#)

**Aug. 17 - 16th Annual CENTRAL PARK TRIATHLON**

Manhattan - Swim-1/4 mi., Bike-12 mi., Run-5 mi

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

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### Sept. 14 - 7th Annual AMERICAN MEMORIAL TRIATHLON

Orange County, NY - Swim-0.5 mi. Bike-16 mi. Run-4 mi.

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

### Sept. 21 - 19th Annual NEW YORK CITY BIATHLON

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

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

### October 12 - 19th Annual CENTRAL PARK BIATHLON

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

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

## Race News

### Knickerbocker 60 K, Saturday, November 30, 2002, Central Park

The 23<sup>rd</sup> Knickerbocker 60 K was held in Central Park on Saturday, November 30<sup>th</sup>. The race was started in 1978. It was the first ultra race held in the US. The first race was won by Terry Knickerbocker. He set the event record (3:40:42) in 1981. The women's record was set last year by Ellen McCurtin (4:41:22). The original course was six 10 Km loops of the park. The current course is the four mile loop. The race is conducted by the Broadway Ultra Society (BUS), one of the premier Ultra organizations in the US. There were 11 women and 65 men finishers.

#### Men:

1. Kevin Shelton-Smith	4:26:30	7:09/mile
2. Ramon Bermo	4:30:20	7:16/mile
3. Albert Laporte	4:57:29	7:59/mile

#### Women:

1. Denise Lohja	5:31:13	8:54/mile
2. Joanna Watts	5:33:35	8:58/mile
3. Linda Vara-Doldi	5:46:54	9:19/mile

Unofficial finisher – a 16 year old that's I met up at Tupper Lake two years ago, ran the race unofficially (the minimum age for entry is 18) and finished in under 4 hours 30 minutes! The future of American running and Triathlon? I've spoken with his father, who also runs – significantly slower and shorter. This kid loves to run and do triathlon.

## Training News

### Post Workout Nutrition – Chocolate Milk!

From Running Research News, Volume 18, Issue 7, September 2002:

Research conducted by Mark Tarnopolsky, among others, has shown that the timing of a high carbohydrate diet can greatly enhance muscle glycogen levels. Eating a high carbohydrate meal within 30 minutes of either endurance or resistance exercise appears

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to improve total daily muscle glycogen re-synthesis. Additionally, this routine also positively effects protein metabolism.

One to two grams of carbohydrates per kilogram of body weight within 20 to 30 minutes after exercise. In addition you should be consuming 10 to 20 grams of protein. It's suggested that natural foods, not special drinks, be used because we assimilate amino acids better when they come from balanced proteins in real food.

And the ideal post workout food? Chocolate Milk!

### BRick Workouts / Bike Run Transition

From Running Research News, Volume 18, Issue 7, September 2002:

The debate has been long standing, but the research has been non-existent, until recently. The current research seems to indicate that neuromuscular pathways and a "rhythm-generator" effect are what cause poor running performance in triathlon. A Colorado study found that high cadence and low pedal pressure produced the fastest runs after cycling.

So, if you've wondered whether you should be increasing your cadence towards the end of your bike, in preparation for your run, the answer is YES!

### *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.

#### Locations:

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

- **Wednesday, December 11, 6:30pm:** Race Season Over – What now? Spinning, Trainers, rollers and weights – off season conditioning

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

- **Monday, January 13, 2003, 7:00 pm** - Bicycle Design
- **Monday, February 10, 2003, 7:00 pm** - Bike Fit

Refreshments will be served

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### *Aqua Sphere Goggles*

Interested in a Seal Mask or Kaiman Goggles? Go to <http://www.AquaSphereUSA.com> use the code: 28A205 to get free shipping.