

SLB Coaching & Training Systems

SLB Weekly Newsletter #12 week of February 24, 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

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Sponsors

E-Caps and Hammer Fuel



RacerMate - CompuTrainer



We are excited to announce that **SLB Coaching & Training Systems** is now sponsored by **RacerMate CompuTrainer** and **E-Caps/Hammer Fuels**. SLB Coaching & Training Systems athletes can receive a discount on a CompuTrainer and E-Caps/Hammer Fuels. Contact the coach for details. Coach@SLB-Coaching.com

SLB Coaching & Training Systems athletes receive a discount to the **Asphalt Green Triathlon Training Institute** to be held in March and April. More details about the Training Institute are in this Newsletter.

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Spring Coaching Programs

Tri Stroke Clinic

A ten week clinic focusing on stroke technique and triathlon swimming fitness at Asphalt Green. This clinic is designed for triathletes that have basic swimming skills (*can swim 100 yards non-stop*). Novice triathletes are welcome too (*as long as you can swim 100 yards non-stop*). Each session will cover stroke drills, individual consultation and correction of your stroke mechanics and fitness drills. Expect to cover between 1,500 and 3,500 yards each session. **We do underwater video taping of your stroke for detailed analysis.** Each session is 60 minutes of pool time and 30 to 60 minutes for video tape review. **Each week you'll receive a digital video clip of your swim stroke!** We will hold two "open water simulation" sessions with wetsuits. Space is limited, and the clinic fills up fast, so sign-up early.

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Place: Asphalt Green, York Avenue & 91st Street

Spring – (*clinic dates are subject to change*)

1. March 7 Friday 8 pm
2. March 16 Sunday 3 pm
3. March 21 Friday 8 pm
4. March 29 Saturday 3 pm
5. April 4 Friday 8 pm
6. April 11 Friday 8 pm
7. April 19 Saturday 3 pm
8. May 3 Saturday 3 pm
9. May 10 Saturday 3 pm – “Open Water Simulation with Wetsuits”
10. May 17 Saturday 3 pm – “Open Water Simulation with Wetsuits”

Schedule of Future Clinics

Summer Session – May 31 thru August 23

Fall Session – September 13 thru November 15

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

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.

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

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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.

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

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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.

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We are providing Video Tape Swim Stroke Analysis to the AGUA Masters Swim Team at Asphalt Green on Monday, Wednesday and Friday mornings and Tuesday evenings. Video Tape Swim Stroke Analysis is provided at all SLB Coaching Tri Stroke Clinics.

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.

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

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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.

Saturday, March 1

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

Saturday, March 8

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

Saturday, March 15

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

Saturday, March 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, March 29

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.

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Training Tips of The Week

Sometime, More is Not Better

Nate Llerandi is a Former national-class swimmer: 13-time NCAA All-American and NCAA champion.

World-class pro triathlete: 6th Overall in the ITU World Cup Series, winner of a dozen international-class races and numerous other top 3 finishes in international-class races, 4th in the 1994 World Sprint Championships, 5th in the 1994 Goodwill Games, 3rd in the 1995 PamAm Games, 1991 ranked as fastest amateur in the country by USA Triathlon.

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Endurance Coach since 1990.

Regardless of the distances you concentrate for your racing efforts, there tends to be a certain volume of training you feel necessary to complete in order to be properly prepared. If, for some reason, your race efforts are below your expectations then the immediate knee-jerk reaction is to train more. "Boy, I was slow so I must be out of shape. Gotta train more and whip myself into shape. That'll do it!"

And, indeed, this may be the appropriate remedy. However, a different approach might be equally effective, or even more so to get that elusive zip back into your racing. Maybe instead of ramping up your volume you should cut it back. Significantly.

Seasoned endurance athletes have so many years of so many miles stored up in their neuromuscular systems. This is why we can bounce back after a layoff (when we are "so" out of shape) and get back to top form very quickly. However, that top level of fitness can also be a rut in the road, wagon wheel tracks that are six inches deep because year after year we achieve that certain level of fitness but never surpass it. So, while all those years of training is a big help when it comes time to get back in the swing of things, it can also be a hindrance to our progress.

Let's say as a runner you are accustomed to 60-mile weeks. You do some sort of speedwork once/week and a weekly long run on Saturdays. You run 6 days a week. What if instead you cut back to 40 miles per week? You shortened your speedwork intervals from 800s/1000s/1600s down to 400s, completed your long run every other Saturday and incorporated more recovery days during the week (either days off or shorter/easier runs).

Your fear would be, "I'm going to get out of shape." It would be mine. At least until I ran my first race after about 4-8 weeks of this decreased volume. The added rest and lower volume would add much needed "snap" to the legs, allowing you to train and race at a higher level. Those wagon wheel ruts would fill right up and you'd be charging down a new path of less resistance.

I found this to occur in my own training recently. I've been concentrating more on running (than swimming or biking) this fall/winter. Just to try something different. I've swum/biked 3 days each per week and was running 5 days (about 50 miles). Now that Spring is approaching, I added one day per week on the bike and cut back to 4 days per week running. During only the second week of this new approach, my running to a big step forward in speed.

I'm not training any harder or longer. All I did was change things up ever so slightly - changing one run workout to a bike workout. The effect on me was noticeable and significant. Because I'm not pounding my legs as much (running trashes the legs more than biking or swimming), they are more fresh day in/day out. This allows me to push harder within a given HR zone (non-recovery) and, thus, get more out of my workouts. The higher volume running weeks laid a nice foundation but also dug deep wagon wheel tracks. Now I've broken out of them and am moving forward faster than before.

Come late-Spring, I'll be cutting back my running to 3 days a week. By then, I won't have to worry about losing any run fitness. And the added zip to my step will allow me to race strong and hard, without worry of fading away at the end.

If you're feeling the need to try something different, try decreasing your volume. If you don't realize the results you are hoping for, not to worry. You can ramp things back up and be no worse for the wear. On the other hand, decreasing your volume just might be the shot in the arm your training routine needs.

Happy Training, Nate Llerandi

Swimming

Straight or "S" arm pull, Drag or Lift?

For many years, there has been a controversy over whether to pull straight or in an "S" pattern for your freestyle arm stroke. Unfortunately, research hasn't been able to answer the question. Lately, there is a controversy over whether drag or lift provides more propulsion in your freestyle arm stroke. The research is still out on that question too.

The concept behind a straight arm pull is that you are letting water go as you move your hand away from a straight line. The concept behind an "S" arm pull is that you are using Lift to provide propulsion during your arm stroke.

I believe that you should try to pull in as straight a line as possible. But, I do not believe that major changes should be made to your arm stroke. If you have a slight "S" curve to your arm stroke, I would not attempt to change it.

The problem really occurs when you exaggerate the "S" curve and your arm crosses the midline of your body. It is also a problem if your straight arm pull is done with a straight arm or if your elbow drops below your head at any point.

Cycling

Pedaling in circles

The pedals go round in circles, so what's so hard about pedaling in circles? The idea is to apply pressure to both pedals during the complete circle. Most of us have no problem pressing down on the pedals. With toe clips or clipless pedals,

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we also have no problem pulling up on the pedal. But when it comes to applying pressure across the top and bottom of the circle, many of us experience difficulty.

When your foot reaches the 2 o'clock position begin pushing your foot and knee forward (towards the handlebars). When your foot reaches the 7 o'clock position begin pulling your foot backwards – like scraping mud off your shoe.

The best way to practice pedaling in circles is on a stationary bike. The weighted wheel will assist you. Set the resistance to a low pressure, just enough to feel the pressure on the pedal. Start pedaling and get up to a good cadence – at least 80 rpm (over 100 is better!). Now, focus only on the top and the bottom of the pedal stroke. Don't think about applying pressure during the down stroke and the up stroke.

You'll be training the neuromuscular pathways to fire your leg muscles in the correct sequence and with the correct timing to apply pressure during the two phases that are weak. As you gain skill on the stationary bike do the same drill on your own bike – either on the road or on a trainer.

Running

Body position on hills

In order to improve both your up hill and down hill running you need to have your body in the proper position.

When running up hill, you should be leaning into the hill – push your hips forward, as if there were a rope tied to your waist and it was helping you up the hill. Shorten your stride, lift your knees and use your arms more than usual – bringing your hand up to your shoulder level.

When running down hill, you should be leaning down the hill. If you keep your body perpendicular to horizontal, you'll be leaning back into the hill. This will increase the likelihood that you'll over-stride and land with your leg extended too far forward. This leads to "braking" on the down hill and greatly increases the risk of injury. So, lean forward slightly, allow your stride to lengthen – do this by kicking up your heels – bringing them closer towards your butt, drop your arms so that your hands are brushing your hips – this is for added balance. Now, let gravity do its work! You should feel as if you're falling down the hill.

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Workouts of The Week

Swimming

Lung Buster – do this drill either swimming, with a pull buoy or kicking. 100 yards x 5.

First lap breath every third stroke, second lap breath every fifth stroke, third lap breath every seventh stroke and fourth lap breath every ninth stroke!

Cycling

Indoor Trainer – Time Trial Ladder

Warm-up

5 to 10 minutes easy spinning to raise your heart rate and body temperature.

Main Set

Time Trial Ladder – 20 minutes: choose a gear that lets you maintain a cadence of 90-100 rpm and a HR not exceeding your LT. It should feel hard but not exhausting.

Do a ladder: 1 minute hard, 1 minute easy, 2 minutes hard, 2 minutes easy, 2 minutes hard, 3 minutes hard, 3 minutes easy, 4 minutes hard, 4 minutes easy.

Cool-down

5 to 10 minutes easy spinning to allow your heart rate and body temperature to come down into the recovery range.

Running

Hill Drills – these are Lydiard Hill Drills. All are done at a **slow pace**. The goal is to get lift off the ground and not to move forward at a rapid pace. **Skipping** – skip slowly up the hill, emphasizing knee lift and arm action. Focus on getting high off the ground. **Bounding** – elongate your stride and emphasize knee lift and arm action. Focus on getting high off the ground – this should be like bounding over a puddle. **Springing** – emphasize knee lift and remaining off the ground for a longer period of time than you normally do. This should be like springing over a branch in your path. Do not emphasize forward movement.

Find a hill that will take between 2 and 6 minutes to do one repeat on.

Start with 2 to 4 sets. One set consists of 5 trips up the hill: Run, Skip, Bound, Spring, Run.

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Clinics

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, Bike Pedals – Toe Clips or Clipless?, Bike Gears & Shifting Skills, Cycle Clothing, Nutrition for Cyclists – Eating Right, a Race Ready Bike and USAT Rules. They are offered free of charge at local bicycle shops, running shops and at local triathlon races.

Urban Athletics:

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

Look for more clinics at Urban Athletics. A new schedule of Triathlon Clinics will for March and April be posted shortly.

Larry & Jeff's Bicycles Plus:

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

February –

- o **Wednesday, February 26, 6:30pm: Maintenance & Tire Changing**

Look for more clinics at Larry & Jeff's. A new schedule of Cycle Clinics for March and April will be posted shortly.

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Asphalt Green 2003 Triathlon Training Institute

<http://www.AsphaltGreen.org> Click on "Sharp Center" heading

Paul Weiss – 212-369-8890 ext. 150

Two words of advice for triathletes who want to fulfill their potential. **Asphalt Green**

Swim, bike and run faster! Take advantage of this unique series of workshops, presented by outstanding regional and national coaching and performance enhancement professionals. They will take you step by step through every aspect of preparing for and executing your best Multi-Sport performance. If you want to be a faster triathlete, duathlete, cyclist, runner or open-water swimmer, you can't afford to miss these workshops from the Peter Jay Sharp Center at Asphalt Green.

Registration Form can be downloaded from: <http://www.SLB-Coaching.com>

Discounts are available for **SLB Coaching & Training Systems Athletes, Asphalt Green members, NY Flyers members** and multiple sessions.

Bike Fit and the Biomechanics of Aerodynamics, Comfort and Power – Paul Levine: How to Maximize Your Performance on the Bike Through Fit & Positioning

Saturday, March 1, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Sunday, March 2, All day - Asphalt Green Murphy Center, 555 East 90th Street

Eddie Borysewicz Racing Skills Workshop – Eddie B: Cycling Techniques, Skills & Tactics: a World Class Coach's Perspective

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Saturday, March 8, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Sunday, March 9, 10am to 1pm - Central Park, East 90th Street Entrance

Buying Speed on The Bike – Equipment Selection and Use – Michael Weiss: Buy What Works, Avoid What Doesn't, & How to Tell the Difference: Bike Mythology and Making Repairs Like a Pro

Saturday, March 9, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Performance Nutrition for the Multi-Sport Endurance Athlete – Keri Glassman (M.S., R.D., C.D.N.)

Saturday, March 15, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

The Run Leg: Preparing for & Executing Your Fastest Run Split Ever – Mike Plumb: Training, Technique, Skills, Drills and Racing Strategy

Saturday, March 22, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Sunday, March 23, 10am to 1pm - Central Park, East 90th Street Entrance

Triathlon Training & Racing for the Beginner/Intermediate Triathlete – Neil Cook: Developing a Training Plan that Works and Developing Competition Skills

Sunday, March 30, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Strength Training for the Multi-Sport Endurance Athlete – Harvey Newton: Building Power, Muscular Endurance, Explosiveness and Speed

Saturday, April 5, 3pm to 6pm - Asphalt Green Mazur Theater, 555 East 90th Street

Swimming for the Multi-Sport Athlete – Scott Rabalais: Open Water Racing, Turning Your Weakest Link into a Competitive Advantage

Saturday, April 12, 12:30pm to 6pm - Asphalt Green Murphy Center, 555 East 90th Street

OR

Sunday, April 13, 12:30pm to 6pm - Asphalt Green Murphy Center, 555 East 90th Street

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Venue Notes

Kissena Velodrome

The Kissena Velodrome is being resurfaced. It is scheduled to reopen on Saturday, May 3, 2003. The State Track Championships are scheduled for June 6 thru 8, 2003 at the Kissena Velodrome.

Prospect Park

Prospect Park has new "Car Free" hours: Weekdays 9:00 am to 4:00 pm and 7:00 pm to 7:00 am. On April 7, 2003 the hours expand to 9:00 am to 5:00 pm and 7:00 pm to 7:00 am.

The Universoul Circus will be in Prospect Park from March 19, 2003 thru April 13, 2003. The circus will be located at the skating rink. Plan on congestion near the skating rink and the hill. Use either of the traverses to by-pass the circus.

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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>

February

Thurs 27 [Thursday Night at the Races, Armory Track and Field Center](#) var. 7:00p

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Prospect Park Track Club Race Schedule – 2003

Saturday, February 22

<http://www.pptc.org>

Cherry Tree 10 Mile, Prospect Park

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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](#)

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Armory Track & Field Center Schedule – 2003

Only Open and Masters events are listed here. For a complete schedule please go to the Armory Track & Field Center website:

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

February & March 2003

Thu Feb 27	NYRRC "Thursday Night at the Races	7-10pm	Ian Brooks (212) 423-2241
Sat Mar 22	Frontrunners Meet	12-4pm OM	Martin McElhiney (212) 673-5461

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Broadway Ultra Society – B.U.S.

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

Proposed B.U.S. schedule for 2003

Joe Kleinerman 12 Hour	Various	Crocheron Park	TBD
Maria/Bruno Memorial Run	36 miles	Alley Pond Park	TBD
New York Pioneer (3 Day)	100 miles	TBD	August 30, 31, September 1
Cirunick-Innamorato Distance Run	50 Km	TBD	August 31
Ted Corbitt 24 Hour	Various	Juniper Valley Park ?	TBD
Knickerbocker	60 Km	Central Park	November 29

Grand Prix Series – 2003

All events and rules for 2003 have not yet been finalized.

<u>Caumsett Park 50k</u>	50k	3/02/03	Vinruna@aol.com
<u>Sybil Ludington 50k</u>	50k	4/26/03	845.737.6435
<u>Long Island Greenbelt Trail 50k</u>	50k	5/17/03	npalazzo@optonline.net spolansky@aol.com
NY Pioneer 3 Day	100M	8/30-9/1/03	B.U.S. 212.496.3099
NY Pioneer 3 Day	50k	8/31/03	B.U.S. 212.496.3099
Staten Island 6 Hour	6Hour	9/20/03	tbd
<u>6 Hour-60th Birthday Run</u>	6Hour	10/19/03	Vinruna@aol.com
Maria/Bruno Memorial Run	36M	TBD	B.U.S. 212.496.3099
Joe Kleinerman 12 Hour	12Hour	TBD	B.U.S. 212.496.3099

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Century Road Club Association

<http://www.CRCA.net>

CRCA club races in **bold face**: number of laps may be reduced because of weather. Fields may be combined if there are insufficient motorcycles. Sign-in opens 45 minutes before race start at Rambles parking field – by start-finish line on top of Cat's Paw Hill. Call 212-222-8062 for latest club race information.

Saturday, March 1, 6:30 am (tentative)

Club races

Central Park

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Saturday, March 8, 6:15 am (<i>tentative</i>)	Club races	Central Park
Saturday, March 15, 6:00 am (<i>tentative</i>)	Club races	Central Park
Saturday, March 22	Collegiate and Open races	Grant's Tomb
Saturday, March 29, 6:00 am (<i>tentative</i>)	Club races	Central Park

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Team Squiggle and Metropolitan Cycling Association

March 2, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	30 miles 18 miles 18 miles 12 miles	Central Park
March 9, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	30 miles 18 miles 18 miles 12 miles	Central Park
March 16, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	36 miles 24 miles 24 miles 12 miles	Central Park
March 23, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	36 miles 26 miles 30 miles 17 miles	Prospect Park
March 29, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	36 miles 26 miles 30 miles 17 miles	Prospect Park
March 30, 6:15 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	36 miles 30 miles 30 miles 18 miles	Central Park
April 5, 7:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	18 laps 12 laps 10 laps 8 laps	Floyd Bennett Field
April 6, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	36 miles 24 miles 30 miles 20 miles	Central Park
April 13, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	47 miles 30 miles 40 miles 23 miles	Prospect Park
April 20, 6:30 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	50 miles 33 miles 43 miles 23 miles	Prospect Park
April 27, 10:15 am 8:45 am 8:45 am 7:45 am	US Pro, Senior 1,2,3 USCF Senior 3, 4 Masters (35+) USCF Cat 4 Women, Cat 5 men	47.5 miles 28.5 miles 28.5 miles 19 miles	SI, Richmond Stadium
April 28, 7:45 am	Masters (45+)	19 miles	SI, Richmond Stadium

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Manhattan Island Foundation – NYC Swim

<http://www.NYCSwim.com>

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SLB Coaching & Training Systems

SLB Weekly Newsletter #12 week of February 24, 2003

2003 Open Water Swim Events

June 14th, 2003 - 28.5 miles [Manhattan Island Marathon Swim](#)
July 20th, 2003 - 2.4 miles [Race for the River](#)
July 20th, 2003 - 0.5 miles [Cove to Cove Swim](#)
August 3rd, 2003 - 1 mile [Park to Park One Miler](#)
August 23rd, 2003 - 2.8 miles [The Great Hudson River Swim](#)
August 23rd, 2003 - 1.5 k [Riverside Park 1.5 Tri Tune-Up](#)
September 20th, 2003 - 7.8 miles [Little Red Lighthouse Swim](#)

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Key Races

Thursday Night at the Races – Armory Track & Field Center

<http://www.armorytrack.com/> or <http://www.nyrr.org>

Thursday, February 27, 2003 7pm – Mile, 10,000m (10-person relay, 200m legs only- each athlete runs five 200's), 400m, 800m

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Jamba Juice Wildflower

<http://www.TriCalifornia.com>

Long Course – May 3, 2003 8am (1.2 mile Swim / 55 mile Bike / 13 mile Run)

Olympic Distance – May 4, 2003 9am (1.5 Km Swim / 40 Km Bike / 10 Km Run)

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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)

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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)

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

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Ironman USA Lake Placid

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

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

Sunday July 27, 2003 7:00 am

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February 27, 2003

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