

# SLB Coaching & Training Systems

## SLB Weekly Newsletter #14 week of March 10, 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](mailto: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

I have successfully coached many athletes at all levels. My athletes have not only reached their goals, but have won numerous awards and set Personal Bests. And, they have had fun in the process!

I have an extensive educational background in Physical Education, Coaching, Motor Learning and Neurophysiology, as well as many years experience as an athlete and coach. I am a Serotta certified Advance Bike Fit Professional, sponsored by E-Caps/Hammer Fuels and CompuTrainer.

My coaching programs are all tailored for each individual athlete. My group sessions and clinics focus on each individual in the group.

March 12, 2003

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### 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.

**Place:** Asphalt Green, York Avenue & 91st Street

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](mailto: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](mailto:Coach@SLB-Coaching.com)

### Spring Triathlon Group Coaching

The Spring Session runs for 10 weeks (April 8 thru June 10). It is designed to provide Base Building Phase and Strength Building Phase workouts. There is one coached sessions per week during the Spring Session. Workouts include BRicks, Lactate Threshold workouts and Hill drills. The Spring Session will prepare you for a successful summer of racing. All workouts are e-mailed to athletes in advance.

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

### Spring Road Racing & Marathon Group Coaching

The Spring Session runs for 10 weeks (April 8 thru June 10). It is designed to provide Base Building Phase and Strength Building Phase workouts. There is one coached sessions per week during the Spring Session. Workouts include Lactate Threshold workouts and Hill drills. The Spring Session will prepare you for a successful summer of racing or a summer or fall marathon. All workouts are e-mailed to athletes in advance. This group is not just for marathoners.

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

### 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](mailto:Coach@SLB-Coaching.com)

### 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](mailto: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 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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### News

#### Chris Brasher Dies

From a friend in England:

"Sad running news from this side of the pond, yesterday Chris Brasher, 1956 Olympic 3000m steeplechase champion died at age 74. Brasher, a fellow ex-Cambridge runner, also competed in the 1952 Olympics and helped to pace his ex-Oxford pal Bannister to the first sub 4 minute mile in 1954.

"As commendable as were his athletic achievements of his youth were the real reason that the runners of this land are so sad is for something he did 25 years after the first sub 4 minute mile.

"In 1979 he ran the New York City marathon and was extremely impressed with what he saw. On his return home he wrote a now famous article for the "Observer" newspaper which concluded "could London stage such a festival?"

"In 1981 he co-organised the first London marathon, the running boom hit the UK and as they say, the rest is history....."

#### Pan Am Clinic and ISU Sports Festival Triathlon, Havana, Cuba

Dates: April 4 thru April 13

Cost: \$2,295, seven days (April 6 thru April 13) - \$1,895

Spend nine days racing and training in Cuba. There will be workouts and technique sessions in the eight lane, 50 meter pool that was used for the 1991 Pan American Games and open water training will take place at Playa Santa Maria del Mar. Furthermore, participants will undertake vehicle – supported road cycling training with members of the Cuban National Team. The ISU Sports Festival Triathlon will take place on Friday, April 11, 2003.

This is an all-inclusive trip to the Pan American Clinic and ISU Sports Festival Triathlon, it includes:

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- Round trip air travel between Miami and Havana, Cuba
- Cuban Entry Visa
- Freight Charges for one bike bag
- Airport transfers in Cuba
- All meals and lodging
- Race entry fees
- Team Jersey and shirt
- Team bag

There are two spots available. If you are interested you MUST commit to the trip and make payment THIS WEEK! Contact Mike Fraysse, Vice President of the International Sports Union 1-800-994-3335 and mention SLB Coaching & Training Systems.

### Eddie B

Eddie Borysewicz is one of the most winning cycle coaches in the United States. He's coached such cycling greats as Rebecca Twigg, Greg Lemond and Lance Armstrong. He was also a pro cyclist in Europe. He was national pursuit champion of Poland and a member of Poland's Junior team. He race for 11 years as a senior, racing over 100 races per year.

In 1977 he became the US Cycling Federation head coach a year after arriving in the states. As national coach his riders won 26 world championship medals, including eight gold, eight Pan American Games medals, including seven gold.

He was close friends and worked closely with the late Ed Burke.

Listening to Eddie B talk about cycling and training for Individual Time Trials for two days was an experience to be treasured for a life time. If you are a baseball fan, imagine sitting with Joe Torre for two days and discussing baseball! On the second day, Eddie B had everyone at the clinic on their bikes on trainers and analyzed their riding position and provide tips and insight about cycling.

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### Training Tips of The Week

#### Variety – Spice Up Your Workouts

Endless days of cycling, running and swimming can wear on you. You understand the need to build your endurance base and increase your mileage and yardage during this time of year. But, the combination of winter and repetitive workouts can take the joy out of your training.

Here are some tips to Spice Up Your Workouts.

Fares are going up!

Run or Cycle to work: in the 1980s NYRRC President and NYCM Race Director started a "Run to Work" program. He ran every where. To and from meetings with top city officials, press conferences, lunch appointments. The NYRRC even had t-shirts made up, I've still got mine! During the same time I lived in NJ and worked in the Financial District. It was a 15 mile trip home. On Monday morning I'd take the bus to work, carrying all the clothes I'd need for the week. Then, I'd run home – Monday through Thursday nights. In the morning, I'd run across the George Washington Bridge (3 miles) to the subway. When I got to the office, I'd shower and change into my suit. I was getting in lots of miles and it only took me about 45 minutes longer than the bus ride home!

Check if your office has a shower, or use a near by health club. Many office will also let you store your bike in the office. Check with your office manager and building manager.

Another idea is to run your cycle route and cycle your long run route. How about simply changing direction? You'd be surprised how different a route is when you're heading the opposite way.

Are you due for a hill workout? The cold weather and snow putting a cramp in those hill workouts? Try the stair. Climb the stairs – one at a time at first, then two at a time. Hold on to the banister for safety. And take the elevator down. You'll get a great strength workout in and avoid a lot of pounding on your legs.

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### Workouts of The Week

#### Swimming

**Long and Short** – during your Base Building and Strength Building Phases you should be increasing the distance you swim. The weekly yardage and the distance of your long swim each week should be increasing. Twice a week do drills and mixed distance workouts. Once a week do a long continuous swim.

##### Warm-up:

200 yards kicking: ½ at 80% effort and ½ at 60% effort

200 yards easy swimming: ½ at 60% effort and ½ at 80% effort

##### Drills:

200 yards swim w/pull buoy

200 yards side kicking drill

200 yards side kicking/catch-up drill

200 yards easy swim 60% effort

##### Main Set:

400 yards 80% effort

50 yards 100% effort

Repeat 4 times. Hold form and stroke count on the 50s!

##### Drills:

200 yards swim w/pull buoy

200 yards side kicking drill

200 yards side kicking/catch-up drill

200 yards easy swim 60% effort

##### Cool-down:

50 yards reduce effort to 50%

#### Cycling

##### Alpine Hill Repeats

One of the favorite and toughest hill workouts in the Metro NYC area is the Alpine Hill. Cycling repeats on this mile long hill will build strength, endurance and character!

##### Warm-up

From Manhattan across the George Washington Bridge, along "River Road" in the Palisades Interstate Park along the west bank of the Hudson River. Pedal easy and maintain a high cadence. Enjoy the views of the river and the country road feel.

##### Main Set

**Alpine Hill** – at the north end of "River Road" lies Alpine Hill. You'll pass the second traffic circle on "River Road" and start up. This hill is one mile long and the grade varies up to about 15%. Fortunately, the trees block your view of the river so there's nothing to distract you from the task at hand.

Alternate sitting and spinning with standing. 10 to 15 seconds standing to about 30 seconds sitting.

When you reach the Park Rangers station turn around and start down.

First time don't do more than three repeats. You can return to the city along 9W, which is at the end of the road leading out of the park (turn left at the traffic light). The Park Rangers station has bathrooms and water fountains.

##### Cool-down

Ride easy, maintaining a high cadence on your return to the city.

#### Running

**Middle Distance Runs** – during the Base Building and Strength Building Phases, your long run is a key workout. But, you should be starting to do Middle Distance Runs around this time of year. These are runs of 8 to 15 miles. The benefit of Middle Distance Runs is that they don't break you down as much as a long run. The next day you can do a normal workout without difficulty or soreness. But, they are tremendous strength builders.

##### Warm-up

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Start off at a comfortable pace, no more than 75% effort. After 25% of your distance is covered, switch gears.

### Main Set

Jump your effort up to 85% and hold it for the middle 50% of your run.

### Cool-down

The final 25% of your distance should be run at a 75% effort.

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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 - 2 World Financial Center, Winter Garden, 212-267-2247*

**Monday, March 31, 6:00 pm** – Triathlon Training: Getting It Right!

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

### February –

**Wednesday, March 12, 6:30 pm** – Bike Design & Bike Fit

**Wednesday, March 19, 6:30 pm** – Bike Maintenance & Tire Changing

**Wednesday, March 26, 6:30 pm** – Go Faster & Further – bike skills and training

**Wednesday, April 2, 6:30 pm** – Bike Maintenance & Tire Changing

**Wednesday, April 9, 6:30 pm** – Bike Design & Bike Fit

**Wednesday, April 16, 6:30 pm** – Go Faster & Further – bike skills and training

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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.

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

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**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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### 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>

#### March

Saturday 3/15: NYRR St. Patrick's Day 5 miles (scored, NYCM qualifier)

Sunday 3/23: NYRR 20 mile Run & Relay – scored, NYCM qualifier

Saturday 3/29: NYRR Lucky 7 mile Reversible – scored, NYCM qualifier

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

<http://www.nytc.org>

#### March

March 30 - 17th Annual MARCH MADNESS BIATHLON Central Park - Run-2.2 mi. Bike-12 mi. Run-2.2 mi.

#### *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/>

#### March

Sat Mar 22      Front Runners Meet      12-4pm OM      Martin McElhiney (212) 673-5461

### Ultras

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

#### April

Saturday/Sunday 4/5-6: Umstead 100 Raleigh, NC

#### *Century Road Club Association*

<http://www.CRCA.net>

#### March

Saturday, March 15, 6:00 am (tentative)      Club races      Central Park

#### *Team Squiggle and Metropolitan Cycling Association*

#### March

March 16, 6:30 am	US Pro, Senior 1,2,3	36 miles	Central Park
	USCF Senior 3, 4	24 miles	
	Masters (35+)	24 miles	
	USCF Cat 4 Women, Cat 5 men	12 miles	

### Other Races

Saturday 3/15: Lin-Mark Shamrock Marathon & 8 Km

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Saturday 3/15: FDNY / NYPD 5 miles

Saturday/Sunday 3/15-16: Asphalt Green March Madness Annual Short Course Yards Masters Swim Meet

Sunday 3/16: TRRC St. Patrick's Day 10 Km & 2 mile FDR Park Yorktown, NY

Sunday 3/16: OYMP Leprechaun Leap 5 Km Mt. Olive, NJ

Sunday 3/23 Keyspan LDR Grand Prix Kings Park 15 Km Kings Park, LI

Sunday 3/23: Equinox 20K Championship, Johnson Park, River Road, Piscataway, NJ

### Key Races

#### *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)

#### *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)

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)

Sunday July 27, 2003 7:00 am

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