



WELCOME TO THE DECEMBER 2009 EDITION OF THE CRABRAPPER!

EVENTS, SEMINARS, AND TRAINING

Date	Title	Time	Where	Details
Dec. 19 th	Kona Viewing	4-6:30 p.m.		Airing on NBC
Jan. 10 th	Swim 101	12:30 – 2:30 p.m.	Arundel Swim Center	Details to be posted on web site
Jan. 21 st	Membership Meeting & T3	TBD	TBD	

Check the Calendar at www.triannapolis.org for details!

UPDATES FROM THE BOARD

Xterra Wetsuits is giving thanks to their great customers by offering \$200 off on three of their top selling wetsuits- and a free race package (\$72 value) with every Vector Pro X2 fullsuit. For more details visit their web site at <http://www.xterrawetsuits.com/promo>"

Want to sponsor the ATC? Check this link or contact Diz at Community@triannapolis.org http://www.triannapolis.org/content.aspx?page_id=22&club_id=729119&module_id=10709

LOCAL RACES/EVENTS:

Registration is open for 2010 races so be sure to check out:

<http://www.piranha-sports.com/>

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

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

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

www.trifind.com

THE ANNAPOLIS TRIATHLON CLUB

CRAB RAPPER

RUN BIKE SWIM PARTY



WELCOME NEW & RENEWING MEMBERS

Alden C.	Bauman	Jeannette	McCaffrey
Amalie L.	Bauman	Kristin	McCullough
Stewart	Bland	Tracy	McGowan
John	Boggio	Steve	Mitchell
Paula	Carrigan	Richard	Mitchell
Symphar	Charles	Michael	Monaco
Charles	Cho	Brian	Satola
Alicia	Cosio	Janet	Schumacher
Linsley	Craig	Brian	Schweers
Suzanne	Danner	Susan	Schweers
Jennifer	Donahoe	Richard	Snyder
Christine	Eck	Greg	Steinbach
Natalie	Friton	Craig	Sturgeon
David	Gertz	Neal	Tatterson
Catherine	Guiader	Sarah	Tramuta
Emily	Henryon	Hamilton	Tyler
Kendall	Jacobsen	Kristin	Urban
Sue	James	Gregory	Urban
Elizabeth	Lasley	Chip	Warner
Andrea	Manning	Craig	Wolf
Carlton	Matthews		

TRI-BIO - Michael L. Marvin

I came to triathlons mostly through kismet. Every decade or so I'd swear I was going to get off the couch, limit my scotch intake and even stop smoking. I'd meet with success for a few weeks and then...recidivism.

In my last iteration of that kabuki dance, I happened upon an article about the inaugural Annapolis Triathlon. Given that I hadn't run (unless chased) since high school a quarter-century before, I didn't have a bike that weighed less than my car and couldn't actually put my face in the water to swim, I said: "perfect...this is the sport for me!"

And so began the trials and tribulations of a transition from a sedentary life to one of relative activity, and a much brighter picture on life as a whole. It was the Annapolis Triathlon that created the goal, and the Annapolis Triathlon Club and its members and experts that helped me meet and exceed all reasonable expectations I had set for myself.

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A biographical libretto: born and raised in Washington State, lived in the first town hit by Mt St Helens in 1980, undergrad at the U of Washington, graduate school at Johns Hopkins, Chief of Staff for Congressman from Massachusetts in the 1980s, President of the Business Council for Sustainable Energy in the 1990s and Principal of TAM Financial Advisors, a fee-only financial planning and investment management company in Annapolis in the 2000s. I've done 7 triathlons in the last three years, interrupted by a collision with an 18-wheeler while biking in 2008, and am working toward my half-IM (Eagleman) in 2010.

NEWS AND NOTES:

On the Tri Road

Provided by Scott Miller - I just finished the Kiawah Tri yesterday (9/20/09). I surely would not have if not for a "good Samaritan" member of your Charleston Tri Club who I only know as "Steffen"... I drove down from Maryland (actually DC) Friday, with a great many things but not everything. I forgot a spare tube and tools. Sure enough, shortly after the turn to come back on to the island I got a flat. It was my own fault as I had forgotten to check the pressure on my tires before the race. I was walking my bike back to the Island cursing my "bad luck", past the local churches on the road, when Steffen (I hope I am spelling it correctly) turned around and offered to help. He whipped out a spare tube, had it on in five minutes and had me on my way. I probably lost 25 minutes but I now had reason to finish the race. After all, I wasn't going to waste the kind efforts that had just come my way.

Apparently, Steffen is well known by a lot of your members. Well, let me just say you are lucky to have such a good soul in your ranks. From now on, I am going to carry a spare tube and I'll take the course offered by my Triathlon club (Annapolis, MD) and look to help the next poor soul who is broken down in a race. Thanks Steffen. You made the race for me.

NOW WHAT? You've successfully completed your first marathon, or maybe your second, third... and as the leaves are falling and there is a chill in the air, you wonder "What now?" For many of us, particularly in Northern climes, the marathon season winds down by November and you hear the words uttered by those more experienced runners - the offseason.

So, what do you do in the offseason? Try these three things:

1. Recover
2. Try something new
3. Work on your weakness



1. Recover

Give your body a break! Whether you have come off a full schedule of short races or one longer race, you have been pushing your body for many months. It is OK to have a break. Do nothing if you want to, but most of us who have been enticed into this wonderful lifestyle want to remain active. So, do some easy running, swimming, biking, play ball with your kids, friends, nieces and nephews, grandchildren and have some fun – REALLY let your body heal from those nagging injuries. This allows for mental recovery too and allows you to gently formulate your plan for the coming months and next season.

Do what you feel like and don't obsess about missed workouts. Aim for about a month of this, but feel free to mix it in with the second theme. If you keep active, you won't lose too much of your hard earned fitness and it will be easy to work back up to your previous level once you get into your training routine. It's also a great time to allow your body to recover from any minor 'nicks and dings' that you have managed to ignore during the racing season.

2. Try something new

The offseason is the ideal time to try a different way to keep active and keep that base endurance fitness. This is called cross training and can be extremely beneficial in many ways: it keeps your endurance base, it helps keep you fresh mentally, and many activities have other benefits that will help you in your overall tri-fitness - for example, agility, balance or flexibility.

Many of us during race season do not pay much attention to strength training. Now is the time to get to the gym or establish a home strength routine. You will reap the benefits next season. I am always amazed at the new offerings that pop up for group classes, so you don't have to restrict yourself to circuit classes, Pilates, yoga, etc. - although all these are great too. Try them if you haven't already! Some will be strength-based, some aerobic and many both.

3. Work on your weakness

The offseason is the perfect time to work on your weakness(es). That doesn't mean you have to spend the entire offseason doing one sport, but you can set yourself periods of focus - say for a month at a time. If your swimming could do with some help, now is the ideal time to



have a lesson or a stroke analysis, or simply to get to the pool more often to practice drills and technique.

If biking is your weakness, then incorporating some pedaling drills is often useful. Where it is cold or snowy, it is often a challenge to get outside to ride. If biking is your weakness then think about attending regular spinning classes - or maybe invest in an indoor trainer - attach your back wheel and you can pedal while watching your favorite TV shows.

For running, be careful with a running focus as you don't want to increase your risk for injury. But there is no harm in incorporating some drills (cadence work, skipping, high knees, butt kicks, etc.) into your running workouts and even a bit of intensity (like strides or intervals) if you are ready for it. If you are going to increase your running frequency, then pay attention to overall volume (time/distance) and be guided by the 10 percent rule (don't increase time/distance by more than 10 percent in total each week).

And finally, a word on races. During the offseason, you don't have to completely give up racing. Even in colder climates there are usually many road (running). These are a great way to include a bit of intensity into your routine and get together with other athletes. So, change it up, have some fun and enter the next season fresh, strong and ready to go with some new skills and strengths.

ARTICLES YOU CAN USE:

Proper Wetsuit Care

Most wetsuits are constructed with the fastest and most technologically advanced materials available. Because of this, your wetsuit is delicate and requires proper care and handling to prolong its life. [USA Triathlon Wetsuits](#) has a few tips on how to best care for your wetsuit.

GENERAL CARE

Do:

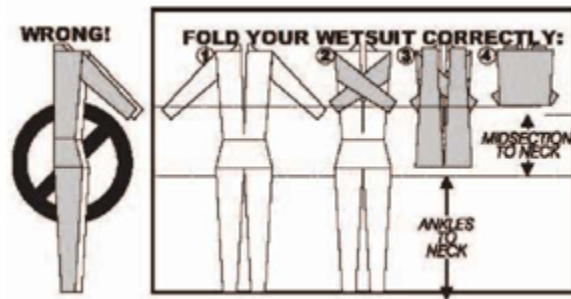
- Rinse inside and out with fresh water after each use paying close attention to the zipper area.
- Hang to dry inside out on a thick padded hangar (not wire). Do not leave your wetsuit in the direct sunlight.

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- Store your dry wetsuit in a cool dry place, laying flat folded across the waist.
- For travel, fold your wetsuit according to the following diagram. Do not fold your wetsuit lengthwise.



Don't:

- Do not use petroleum based products like Vaseline on your suit.
- Do not use your suit in chlorinated water.
- Do not use your wetsuit for sports other than swimming.
- Do not hang your wetsuit for a prolonged period of time. This could put stress on the rubber in the shoulder area causing it to stretch and possibly crack.
- NEVER leave your wetsuit folded in a hot car or in direct sunlight! The rubber in your wetsuit will fuse.
- Do not put your wetsuit in a washing machine or dryer. Do not dry clean your wetsuit.
- Be very careful when putting your wetsuit on and taking it off. The rubber in your wetsuit is very technologically advanced, making it extremely flexible and comfortable but also making it susceptible to nicks and tears from sharp objects, especially fingernails

How to connect with fellow Crabs? Log on to the ATC site at www.triannapolis.org and go to the Forum to read about group workouts, or post a new ride/swim/run that anyone can join. Another easy way to stay in the loop: have all new posts and replies e-mailed to you automatically. To do that, log on, then go to your 'Profile', then visit 'Forum Preferences' and check the box for the corresponding option.

Introduce yourself to the ATC family! Whether you're a new member or have stayed under the radar for a while, take a moment to update your profile in the Directory so everyone can read about you and/or contact you (there are several options as to how much info you



are willing to disclose). Enter a short bio; tell us how you got into triathlons, what your expectations are, etc.

QUOTE FOR THE DAY

“To get something you never had, you have to do something you never did”

TRI HUMOR

You know you are a Triathlete when:

- When asked, how old you are you answer 35-39.
- Your idea of a great b-day is to run your age in miles with a couple of friends.
- Your idea of a great date is to go for a 10 mile run with your date.
- You try to impress girls with your run time after swimming and then biking 20 miles.
- When asked how long your training was today you answer: three to four hours.
- Your training is more limited by available time than how far you can run.
- Your first thought when you wake up is how high your rest HR is.
- You go for a run even though there's a thunderstorm and you enjoy being wet and dirty.
- You think a tri is easier than a marathon because you don't have to start by running fast.
- You think it's natural to do your 'business' behind a tree in the woods.

And the winner is:

-Nobody believes you when you say 'Never again'.

Tri Animated Humor

<http://www.xtranormal.com/watch/5749137/>

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