



SOUTH MIDWEST REGION

NEWS

Summer 2009

Website Updates

Club Championships

Sports Doc

SMW Athletes Out and About

Odds and Ends

Bike Safety

Miscellaneous

[Renew Your Membership](#)

[South Midwest Region Website](#)

Upcoming 2009 Championship Races

Louisiana

State Triathlon - [Meat Pie Tri](#) - September 27

Texas

State Duathlon - [Darndst Du in Texas](#) - August 16

State Triathlon - [Stonebridge Ranch Triathlon](#) - September 27

Oklahoma

State Duathlon - [Draper Lake Duathlon](#) - July 12

Regional

Olympic Triathlon - [Wool Capital Tri](#) - August 9

Sprint Triathlon - [Playtri Festival Sprint](#) - July 5

Congratulations to Your Champions

Louisiana State Duathlon Championships

Opelousas Sunrise Rotary Duathlon - March 22

Female - Ria Bertels

Male - Brandon Guillory

Regional Duathlon Championships

Corpus Christi Duathlon - April 26

Female - Lacey Brewer

Male - Dana Lyons

Arkansas State Duathlon Championships

Du For The Parks - Hot Springs, Arkansas - May 25

Female - Monda Teeter

Male - Todd Hink

Arkansas State Triathlon Championships

Toad Suck Sprint - Conway Arkansas - June 7

Female - Maggie Pickhardt

Male - Willy Pickhardt

Oklahoma State Triathlon Championships

Route 66 Spring - El Reno, Oklahoma - May 30

Female - Kara Cassel

Male - Christian Ballard

When was the last time you visited the [SMW USAT Regional Website](#)? We hope you like the new look of your USAT SMW Region web site. It is your site, so please visit. We are working to make it more streamlined, cleaner and faster - things important to the multisport athlete. In the next several weeks, we will be working to update site information as well as providing additional useful content. Feedback is the "Breakfast of Champions" and we need yours. If you have suggestions for changes and additions please [send us an email](#). We value your opinion.

There is not a Regional Club Championship, but the SMW Region is fortunate to have the National Club Championships, which will be held Sunday, September 20 in Oklahoma City as part of the [Redman Triathlon](#) weekend of events. It would be great if a club in our region won this event. In fact, we could have clubs winning all of the five categories of clubs (categories go from Category I with as little as 2 members up to Category V with over 250 members). It is time to get your club involved and organized and excited about getting to Oklahoma City in September.

The Club Championship is a sprint distance race. All eligible athletes must be on the club roster at minimum 30 days prior to the date of the race. A roster will be sent to the race director and timer exactly 30 days prior to the event. The time to act is now as there is a price increase for the Club Championship on July 15. More information can be found on the National Web site at <http://www.usatriathlon.org/event/event/205> or by going to the Redman Triathlon web site at <http://www.redmantriathlon.com>.

Finding the right doctor in any circumstance can be difficult; finding a doctor who understands your sport and related sports injury can prove even harder. These three factors can help you find the appropriate doctor.



- **Experience** - Find a doctor who has experience, but not just a sum of years under their belt. A doctor who is familiar with your sport, or even better, involved in your sport, will better understand the biomechanics involved as well as the related sports injuries.
- **Consider treatment that best suites you** - This might sound like something that is best left to the doctor, but you need to be mindful of varying means of treatment when selecting your doctor. Would you like to resolve your problems through a conservative method? Would you be compliant to strengthening exercises and rehab? Would you like to take a natural approach or are prescription medications okay for you? Is a quick fix, no matter the method, your first concern? Answering these questions will point you to the right type of sports doctor.
- **Ask around** - Referrals from your friends are very important, especially from friends who share the same sport as you. They may have tried one or several area doctors and can give you great advice. Don't forget the person who does your bike fittings or the shoe salesman who always fits you for new running shoes. They learn a lot from their clients about what doctor or methods of treatment or working for injuries related to your sport.

Contributed by Dr. Leslie Maloy, Spring Valley Chiropractic, Dallas, TX.

Our athletes are out and about.....

Michelle Boyer, proudly sporting a Fit2Train jersey, was seen stepping onto the podium for an age grouper award at Toad Suck 70.3....guess "Toad" didn't suck for her that day! Shutterbug, **Cyndi Dupuis** was snapping photos of friends at Toad Suck 70.3, better watch out or you will end up on her Facebook page. **Garrett Murphree**, Fit2Train member, seen at transition of Toad Suck sporting the craziest pre-race/Bermuda/olaid shorts I have seen in awhile Nice style **Claire Oliver** laughing and

having fun at the finish line of Capital of City Texas Triathlon in Austin, Texas. Another one down! Seen: **All Tri** member out proudly wearing her All Tri cycling jersey at the Collin County Classic Bike Rally along with 3000 other people, now that is a good way to advertise. Just heard that **Iron Brother Sprint** in Dallas, Texas will be a Saturday AND Sunday event next year in 2010. So you can have a triathlon on Saturday and still make it to church on Sunday! **Jim Mayo** completed the Keys 100 Ultra Marathon in Florida in 21:40, yes....that is 21 HOURS and 40 minutes without stopping except for water. 77 athletes started the race but only 40 finished. Mayo placed 8th overall. Sit down, man! Get off those feet and enjoy your accomplishment. **Mike Minardi** was at the finish line of Champions Triathlon in Austin, TX watching the Pro athletes at the dismount line after their bike segment. He is a really nice guy! And by the way, that is a great event put on by **Red Licorice Events**....go and try it. Speaking of Champions Race, Tri Amigos coach, **Sharon Sanders**, with her newly formed tri team were attending their first triathlon as a group and having some major fun at the finish line. Did not look like they had just competed on that very hilly race because they were having too much fun. With their group was **Jason Cox**, founder of the www.marowmatch.org, dancing like no tomorrow after completing an Olympic distance at Champions Race. Get some dancing lessons! A new team is making their rounds. Watch out for **National Direct Emedia Web Designs Racing**. Wanted - fun people to hang out with after Sprint Triathlon. Found - **Lorenzo Ruiz, Jacques Wise, John Ricca, Lou Knowles**, and **Sarah Cleveland Hull** doing just that after Ironhead's Metroplex Sprint race in Grand Prairie, Texas. Big shout out to **Melanie Fuller**, seen at the Cow Creek Bike Rally (woo, woo, woo).

(Contributions to this section are encouraged and welcomed. Please send any news tidbits (silly or serious) about SMW athletes to [Merry Prather](mailto:MerryPrather).)

SMW Officiating

Looking for a few good refs! The North and South SMW regional Coordinators are looking for USAT members who are interested in the Officiating Program. This is a great way to see the other side of races and offer services to fellow multi-sporters. Clinics have been scheduled for this year. Clinic schedules are posted on the [USAT National Website](http://www.usat.org). Please email your Regional Officials Coordinator if you are interested in attending a clinic. (North of Waco, TX and OK - [Merry Prather](mailto:MerryPrather); South of Waco, TX, AR and LA - [Dean Ford](mailto:DeanFord).)



Youth Events:

Clinics

11:30 AM Saturday, September 5th. Frisco Athletic Center, Frisco, TX. Participants will learn how to go from one discipline to the next just like the pros! The clinic will be an interactive 1 hour show & tell classroom session. Email CoachFrank@Tri-Now.com for more information.

1:00 PM Saturday, September 5, Parents Clinic. Plano Cycling Fitness, Plano, Texas.

Camps

June 29-July 5 : USAT National Select Camp-Central / PanAmerican Invitational, San Antonio, Texas. www.icon1multisport.com

July 6-10 USAT National Skills Camp-Central, San Antonio, Texas. www.icon1multisport.com

July 6-10 Kids Power to Push Run/Box Camp, Dallas, Texas. <http://www.cooperaerobics.com/For-Individuals/Youth-Programs/Preston-Road-Dallas/Camps/Sports-Camps.aspx>

July 13-17 Kids Power Up in 2009 Triathlon Camp, Dallas Texas.

<http://www.cooperaerobics.com/For-Individuals/Youth-Programs/Preston-Road-Dallas/Camps/Sports-Camps.aspx>

Youth Races

Saturday, July 18, 2009 :: Kyle, Texas: Hill Country Kid's and Family Tri www.hillcountrytri.org

Sunday, July 26, 2009 :: Games of Texas Kids Triathlon. San Antonio, Texas. www.icon1events.com

Do you have a Youth or Junior camp/clinic/event for SMW athletes in our region? Do you have any other SMW community news to share with the region? Please let us know so we can include it in our Odds and Ends Section. I don't know about it if you don't tell me!! Please share your news. Information can be sent to [Merry Prather](#).



Part of the necessity for competing in multisport is cycling. The traditional multisport requires riding on paved roads and the XTERRA variety requires riding cross country, usually dirt trails. While these two styles of riding are different, many of the procedures and practices are similar.

1. **Maintenance** - Check the bicycle for the proper air pressure in the tires before riding, as this can impact your ability to control the bike while riding.

- Check the shifting mechanisms and brakes to ensure that they are clean and operate easily when needed.
- Ensure that the wheel skewers are tight and the wheel spins freely.
- Ensure that the seat and handle bars are secure and in the correct position.
- Ensure that you are carrying the necessary repair items such as spare tubes, air pump, etc.
- Ensure that your pedals function properly, to include the clip-on attachments on your cycling shoes as necessary.

2. **Condition** - Be realistic and be sure that you are able to complete the ride. Are you in good health? Is the course length and difficulty do-able? Carry electrolytes, fuel, and water with you. Know where on your course to replenish the fluids and have restrooms. Have sunscreen applied as necessary.

3. **Safety** - WEAR A CPSC certified HELMET. It is not *if* you will fall, but *when*.

- The strapping and Styrofoam inside the helmet are designed to reduce the impact of a collision to the head.
- Have personal identification with you always.
- Suggestions: On your shoe wear the ID tag. On your bike or person, attach a visible personal information tag.
- In your helmet, attach a return envelop sticker and/or the USAT key FOB adhered to the Styrofoam inside.
- Wear protective clothing as appropriate.
- Wear eye protection, either tinted or clear sport glasses.
- Know the course that you will be riding. Obey traffic laws, if riding on public roads. Ensure that someone knows where you are and the approximate time that you will be returning. If possible, ride in groups for safety.

Have a good time!!

John Ricca is a SMW triathlete, serves as Vice Chair for the Regional Council, is Committee Chair for U23 Youth, and is a SMW Official. Ahmed Zaher is a triathlete, Level II Certified USAT Coach and is a partner in Playtri. Questions or comments can be directed [here](#).

By USA Triathlon

The Lone Star State attracted the top collegiate athletes on Saturday, April 18 for the USA Triathlon Collegiate National Championship, where athletes battled chilly early conditions and a challenging bike course at Buffalo Springs Lake.



[Visit usatriathlon.org](http://usatriathlon.org) for the full story, results and photos

Don't tell my husband, but I am having a love affair with my bike. It is true, I confess.

This is a big departure from my mindset even a year ago. I would have told you, "I do not like to ride. It hurts my (ahem) rear, my back, my shoulders...you name it, I hurt." In reality, I would get bored riding and always end up turning around half way through my rides. Prior to this year, I have never ridden my bike more than 28 miles....and I only did that one time..... and that was 3 weeks before my first Olympic distance triathlon. My coaches would have killed me if they knew how many bike ride practices I skipped. I was full of excuses and it seems as though the excuses have continued now for 7 years.

Don't get me wrong, I have a great list of excuses. They include:

- *I am only doing a sprint this year. I don't need long rides* (13 mile training for a 12 mile sprint?!? no problem!)
- *My dad passed and I don't feel like it* (ok, this one was very valid but only for one season).
- *I am pregnant and don't have any balance on my bike* (this was valid too).
- *I am breast feeding and still don't have balance* (this was valid too but I still used it 1 year later after my babies were eating table food!).
- *I have a stress fracture from a marathon* (true, I could not ride for 2 months but after that I could have popped on the bike).
- *I don't have time, Michael is training for an Ironman and I have 2 small babies* (do 3 and 5 count as two small babies still?!?)
- *I have a torn muscle in my leg* (this was my latest and longest excuse, valid but over used).

The torn muscle really happened, I have an MRI to prove it. My peroneus ripped down the middle and healed with a split filled with scar tissue. I cannot run. I could not run well before but now I really cannot run. Four months ago a mild depression hit in. I am one year away from 40 and thinking that something is missing. I miss triathlon. I decided to pull out my bike and re-introduce myself. The look on my husband's face was priceless. I think he thought I was getting it down to sell it. When I came out in my riding shorts, I think I saw his jaw drop. Six miles later on a country rode in McKinney, Texas, I officially fell in love again with my bike. Several rides later and months of riding under my belt and I just finished a 38-mile rally and felt great. I am excited about what is next for my bike and I.

The excuses? They are still there....I just figured out a way around them.

- *I am only doing a sprint this year.* Better to be prepared and feel good for the post-race party.
- *My dad passed and I don't feel like it* - he would be proud. I have wasted too much time.
- *I am pregnant and don't have any balance on my bike* - no more babies in my future.
- *I am breast feeding and still don't have balance* - thankfully, never again.
- *I have a stress fracture from a marathon* - healed.
- *I don't have time* - I can make it.
- *Michael is training for an Ironman* - he respects my time and training regimen too.
- *I have 2 small babies* - my children need a break from mommy every once in awhile.
- *I have a torn muscle in my leg* - surprisingly, it feels better after I ride.

No more excuses. I am doing two races in 2009. Me and my bike and loving it.

Merry Prather is the Chair for the communications committee of the SMW Regional Council. She and her family love triathlon, our region and the triathlon community.

[Merry Prather](#) - Communications

There was a lot going on in the SMW Region for 2009 and planning for many races is already underway for the 2010 season. Please visit our website. The address is www.smwtriathlon.org. There is a great deal of information on the website that will appeal to different interests. There are rankings, youth info, junior info, Board info, Championship info, Official Clinics info, etc. **Be in the know!!**