

Your Information-----

Why Laughing is Good Medicine

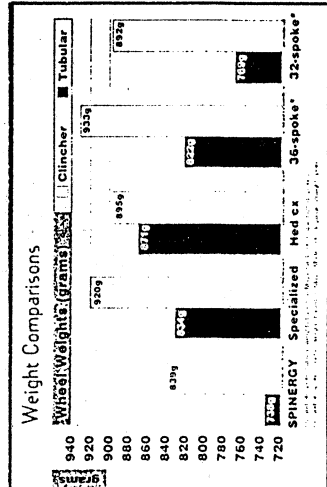
1. Muscles tighten, then relax, which tones them gently and eases tension.
2. You breathe faster, taking in more oxygen and ridding your body of more carbon dioxide, just like when you exercise.
3. Your heart rate, blood pressure, and pulse increase, improving circulation.
4. Your immune system may get a boost too, experts now believe, possible making your body better able to fight disease.
5. The brain's chemical transmitters increase, pumping up your ability to stay alert.

Source: Top Health March 1997 edition.

-----Did You Know-----

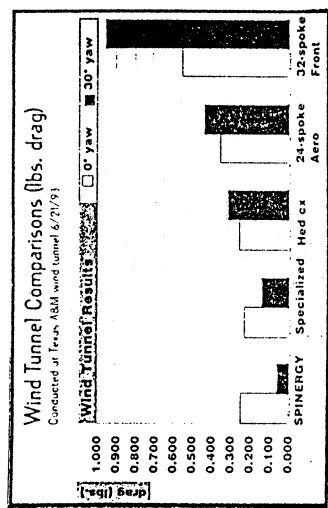
It is advantageous to wear clothing that wicks away perspiration. For example, the average foot can produce 8 ounces of perspiration per hour. Coolmax has a tetra-channel fiber structure that enhances liquid transport away from an athlete's skin. This structure gives Coolmax 20% more surface area than ordinary fiber, exposing more fabric to the air to help perspiration evaporate faster than non-performance fibers. Coolmax handles more than twice as much moisture as polypropylene and 14 times more than cotton. In addition, it is extremely light in weight.

Source: DuPont Laboratories Print #00547. Spingery claims to be the world's fastest cycle wheel. Quality control graphics listed below.



-----Did You Know-----

Source: Spingery Inc.



Triathlete Zombies is a small but specialized company directed at triathletes. There business in out of Santa Monica, CA and telephone number is 800-999-2449. Order a catalog, free of charge, you wont be disappointed.

Talk to Kevin French or Chad Brown of Ft. Wayne Sports Nutrition. They are very knowledgeable when it comes to performance vitamins/minerals, foods, and energy drinks. They have very competitive when it comes to shopping for the best deal. There telephone number is 219-486-9818.

-----Food For Thought-----

Kinds of Dietary Fats

Saturated fats, which tend to raise blood cholesterol, are found to a large extent in products of animal origin. However, vegetable fats are altered in a way that increases the amount of saturated fat in them. This chemical process is known as *hydrogenation* and *hydrogenated* vegetable oils are commonly found in packaged foods. In addition, coconut, palm, & palm kernel oil, which are also frequently used in packaged foods and nondairy creamer, are highly saturated. Polysaturated fats, on the other hand, do not raise blood cholesterol. Most of the fats in many vegetable oils, such as safflower, cord cottonseed, soybean, and sunflower, are polyunsaturated.

Monounsaturated fats also do not raise blood cholesterol and can be found, for instance, in olive & canola oil.

Figuring the Fat Percentage

It's not hard to figure the percentage of fat calories in the various foods in your diet. Each gram of fat gives you nine calories. If, for example, you're on a 2000 calorie diet, not more than 600 calories, that is, 30% of 2000, should come from fat. Divide 600 by 9 and you find that your diet should contain 66-67 grams of fat.

Source: 1991 National Dairy Board 9/91 #9028 Publication.

-----Ideas and Suggestions-----

- > We are going to have mock tri's/bi's at various locations. Please call Chris Marks at 693-1358 if you have a location in mind. I will try to get a schedule out to everyone later this month.
- > If you have idea's for printing race singlets please call Chris Marks at 693-1358.
- > The Progressive Ft. Wayne Tri needs about 20 more volunteers. If interested call Bill Sohaski 749-5081.

-----Training Tips-----

Cycling - Mixed Training

There is a school of thought that promises periodization's strengths while sidestepping its weaknesses. Simply stated, "mixed training" blends all the energy systems all year round. Listed below are a few steps U.S. national coaching director Chris Carmichael explains.

1. Time trial regularly. The ability to roll a big gear steadily for 20 minutes at 90-95% of maximum heart rate is basic to performance cycling as well as fitness. 1 trial every 2-3 weeks.
2. Work on speed. They'll recruit fast-twitch fibers and improve your pedal stroke.
3. Do a competitive race at least every 2 weeks.
4. Forget hard/easy training. There are 2 benefits. The first being, it adds variety to each weeks efforts, helping to forestall staleness. The second being, you avoid a steady diet of early season endurance rides just when the weather is bad and the days short.

Source: Bicycling May 1995 "Peak Performance" by Fred Matheny.

Training Tips

A New Way Monitor Effort

When you're out for a run, it's sometimes tough to measure effort. Checking your heart rate is one good way, but this requires either wearing a heart monitor or stopping to take your pulse.

Fortunately, there's a new and surprisingly accurate alternative: just listen to your breathing. In developing this method, University of Toronto exercise physiologist Robert Goods, Ph.D., had 30 subjects run until they could hear themselves breath. At that point, subjects had entered the lower end of their target heart-rate zone. Moreover, Goode consistently found that exercisers reached their upper limit when they could no longer speak. On super easy days, your breathing should be silent. On tempo & fartlek runs, your should be able to hear your breathing. Tough days make you speechless.

Source: Runners World September 1997 issue "Health & Fitness" by Adam Bean.

Calendar of Events

- Last item is mileage & time from Ft. Wayne.
- August**
- 2 Coldwater Mini Ironman Tri, Coldwater, MI 300Y/6M/3M. Barb Mosher 517-278-2601. 63M 1:02 Hours.
- 3 Sylvania Bud Light Tri, Sylvania, OH 1.5k/40k/10k Jim & Joyce Donaldson-Payn. 419-885-2089, 419-473-0733. 128M 2:08 Hours
- 3 Mrs. T's Tri, Chicago, IL 1.5k/40k/10k. Mark Hauser 773-404-2281, 773-404-2292. 175M 3:13 Hours
- 3 Shelbyville #3, Shelbyville, IN 0.5M/16M/3M. Linda Sanders 712-762-3779, 712-762-3779. 148M 2:25 Hours.
- 9 Cicero PSI Tri, Cicero, IN 0.22M/10M/3M Robert Stover, 317-984-4079. 114M 2:02 Hours.
- 10 Schu's International Tri, St. Joseph, MI 1.5k/40k/10k. Laura Coffman 616-983-4670, 616-983-4683. 79M 1:24 Hours
- 16 Three Rivers Tri, Three Rivers, MI 1k/40k/10k. Emmanuel Millet 616-278-2075, 616-278-2075. 99M 1:39 Hours.

16 Progressive Insurance Tri, Ft. Wayne, IN 0.75k/20k/5k. Bill Sohaski 49-5081. 30 Niles Tri, Niles, MI 0.5k/5M/5M. Bob Hynard, 616-684-6759, 616-683-3720. 98M 2:00 Hours

September

7 Gaylan's Tri Mideast Regional Championship at Eagle Creek, Indy, IN 1.5k/40k/10k. Don Carr Tuxedo Brothers, 317-328-1632, 317-328-2887. 140M 2:16 Hours
13 Muncie Endurathon, Muncie, IN 1.2M/56M/13.1M. Muncie Endurathon Office 765-287-1799. 84M 1:31 Hours.

October

11 Cinergy Indianapolis 1/2 & Full Marathon at Lawrence, IN 317-826-1670. 138M 2:14 Hours.
19 Detroit Free Press/Mazda International Marathon 313-259-7749 192M 3:05 Hours

Ft. Wayne

246 Greenwood Circle Churubusco, IN 46763

Triathlon Club

Chris Marks 219-693-1358

