

USA TRIATHLON CLUB NEWS UPDATE: SEPTEMBER 13, 2006

USAT CLUB MEMBERSHIP DRIVE- WE WANT TO DONATE TO YOUR CLUB!

Sign up for an annual adult bronze USAT membership between September 1, 2006 and November 1, 2006 and USA Triathlon will donate up to \$2.00 of your membership fee to your club!

USA Triathlon will automatically make a donation in the amount of \$2.00 for all club members of official USA Triathlon clubs that sign up for a USAT annual membership for the first time.

USA Triathlon will automatically make a donation in the amount of \$1.00 for all club members of official USA Triathlon clubs that renew their USAT membership during this time period. Remember, when you renew, your membership is extended 12 months from your current expiration date, so go ahead and renew now to take advantage of this donation opportunity!

Visit https://www.active.com/register/index.cfm?event_id=1356736&customreg=blank to sign up for your annual membership through Active.com, the official online registration provider of USA Triathlon. Club members will be asked to select their club name from the drop down list on the registration form. Only memberships purchased through this link on Active.com will count towards the total donation that USAT will make to each club.

Not only will USAT make a donation to your club, but USAT will also award clubs by division* that have the most new and renewing USAT members during this time period.

Donation checks will be sent to the clubs once the drive officially ends on November 1, 2006.

*Club divisions are based on the total number of club members in each club:

Division I	>250
Division II	130-249
Division III	80-129
Division IV	30-79
Division V	<29

COACHING TIP

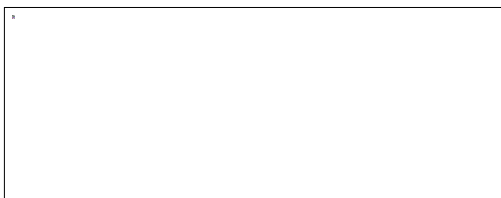
Pacing in running – Running is one of the most demanding modalities in triathlon. It requires an athlete to maintain good posture, cope with the forces of gravity, and apply speed to ultimately, create a desirable pace.

Pacing can be very stressful to the nervous system. That is why we often see competitors on their competitor's tail, and *rabbits on marathons. In addition, even if you have someone pacing you, you still need to have your own synchronization thorough upper and lower body to maintain a smooth momentum.

You don't need to use the whole body to create pace, especially not the legs which already have a great deal of stress. The secret are in your arms, they will dictate your speed. Arms are composed of small muscles which don't require much O2 consumption; also, they are the link between your legs and your upper body through your core.

Here are some biomechanics pointers:

- Let your arm hang. That will take the weight off your shoulders and neck muscles.
- Use your elbows as the bottom of pendulum by bending the arm at 90 degrees
- Close your hands, but keep them relaxed, as if you were holding a butterfly.
- Alternate arms and legs. Right elbow goes back, right knee goes forward, left elbow goes forward, left knee goes back.
- Swinging the arms towards the back, will increase the connection with your core (bringing arms too forward will increase the consumption of energy and complicate the synchronization).
- Keep a smooth synchronization. Visualize the wheel mechanism of an analog watch, the small wheel (arms) engage and rotate the big wheel (legs).
- Use a pacer to create muscle memory (90rpm).
- RELAX!!



Drill:

Running in place;

1. Initiate the movement slowly with your arms and let your legs follow it.
2. Within one minute interval, gradually increase the speed up to a full sprint and slowly back down alternating every 20". Take 30" rest.
3. Repeat the same routine several times until you are able to engage the whole movement through your arms.

Ricardo Rodrigues

Multisport Coach

www.BeginnersMindMethod.com

**In a Full Marathon, Rabbits are the fast runners that pace the top marathoners until half way of the course, after that they will stop and let them do the pace on their own.*

Ricardo Rodrigues, owner and head coach of Beginner's Mind Method of Training, attended the most up to date methods of coaching for sports such as: USA Triathlon Coach Level I/II Certification, Massage Technician program to further his understanding of the muscles and recovery, AMFPT Personal Trainer Certification, Human Performance for Human Motion biomechanics class. By Chuck Wolf, ACE Certified Metabolic Exercise Testing and Programming, and most of all, in the real field of sports he deepened his expertise with his own athletes by developing a complete understanding or like many accomplished athletes says "a clinical eye" to identify, and guide each individual to reach their peak performance.

The moment your mind starts to wander from being 100% present in the moment, you will slow down. During those hard, longer effort training sessions choose one thing to say to yourself in each the swim, bike and run, and return to that "saying" every minute. I use "from the hips" in the swim, "could I push just a little harder?" while on the bike, and "stay tall" on the run. With practice, you will train yourself to maintain a sharper focus for a longer period of time, and come race day, you will be as fast as you can be for every minute of the race.

CLUB IN A BOX – ONLY 70 LEFT!

The club in a box order form is now up and running on our website at: http://www.usatriathlon.org/Clubs_Regions/clubs.htm. Please send all order forms to clubs@usatriathlon.org with the subject line: Club in a box order form. Place your order today because we only have 70 boxes left.

CLUB NATIONALS

Get excited for club nationals coming up on October 15. We would love to hear what you and your club have to say about your experience at club nationals, so please send us a quote such as the one below. You can be as big as 600 members or as small as two, but we want to hear from your club.

"The Club Championships is really a unique way to promote growth in your Club. Our Club (The Columbia Multisport Club) first attended the Boulder Peak Club Championship event in 2003. At the time we had 250 members. Today our Club is nearing the 600 member mark in a town of 90,000 population. We owe a big part of our growth and enthusiasm to the USAT Club Championships. This Championship is by far the most anticipated function we do each year. As a Club we have organized and traveled to the past three National Club Championships. In 2006, we will be traveling with over 100 members to the Las Vegas Championship.

The entire concept of each finisher earning points has been huge for our Club. Each member of the Club feels they are indeed contributing to the overall group effort. Triathlon of course is primarily an individual sport, but the Club competition is an absolutely fantastic way to introduce people to the sport. In our Club, the far majority of members making the Championship trips are very new to the sport. It is so great for the new-to-the-sport members. They have a built in cheering section and traveling with an experienced group always helps to take the pressure off. This also gives them access to a wealth of experience and how to knowledge." Mark Livesay, Columbia Multisport Club President

Your quotes will be posted at: http://www.usatriathlon.org/Clubs_Regions/clubs_news.htm.

RACE ENTRY DISCOUNTS- EXCLUSIVE TO USAT CLUBS

Visit http://www.usatriathlon.org/Clubs_Regions/News_Update_Archives.htm and click on the CLUB DISCOUNT link at the top of the list in order to view the discounts offered.

USAT MERCHANDISE

Visit www.usatstore.com to purchase USAT gear including merchandise from specific USAT events.

LATEST NEWS UPDATES AND ARCHIVES

Visit http://www.usatriathlon.org/Clubs_Regions/clubs.htm for news updates and links to archives of past news briefs. The website offers many resources and information regarding clubs and USA Triathlon.

This email has been sent to all USA Triathlon Official Club Presidents. Please distribute this information to your club members and others that may benefit from this information. If you would like to change or update your information, please email clubs@usatriathlon.org.

