



I Like to Ride my Bicycle...

By Jen Biela

Spring has sprung and if you haven't dusted off your bike yet, its time to get back out on the road. The past few weekends have been absolutely beautiful. I have been out a few times, and my legs have reminded me that I haven't been on my bike since October!

Whether you are signed up for an upcoming triathlon, are new to riding, or even training for an ironman, it's time to get back out there.

The great thing about Team TRIumph is that we have members that are riding at all levels, ones to lead the pack and ones to sweep the group. For all of our new members, don't be afraid to join up with other members and go for a ride. Everyone is very helpful friendly and truly out there to have fun.

I am getting ready to start my third season on the bike. There are days that I feel like I

haven't learned much and still ride at the same slow pace. And then there are days like yesterday where we (my husband and I) ran earlier in the morning and then went out for a ride a few hours later and I enjoyed both!

There are two main reasons why, "I love to ride my bicycle"..

First is my husband. This is something that we do together and enjoy doing a lot of charity rides.

Secondly is Team TRIumph. Everyone that I have met and that I ride with has been a great friend and good cyclist.



So, dust off your bike and hit the road with some really great chicks!

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Team TRIumph Coordinators:

- ♦ Cyndi Johns, Director
- ♦ Shirlene Haines, Asst Director
- ♦ Corrine Lewis, Secretary
- ♦ Dinah Mistilis, Treasurer
- ♦ Heather Sansbury, Events
- ♦ Sue Mitchell, Media
- ♦ Tara Owens, Training
- ♦ Stephanie Haley, Uniforms
- ♦ Mary Pat King, Sponsorship
- ♦ Jen Biela, Newsletter

April is National Autism Awareness Month

<http://www.autism-society.org>



The Autism Awareness Ribbon - The puzzle pattern reflects the mystery and complexity of the autism spectrum. The different colors and shapes represent the diversity of the people and families living with the condition. The brightness of the ribbon signals hope—hope that through increased awareness of autism, and through early intervention and appropriate treatments, people with autism will lead fuller, more complete lives.

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Recipe of the Month-Herbed Pork Chops

Herbed Pork Chops

1 cup unsweetened pineapple juice
2 tbsp. brown sugar
2/3 cup dry sherry
1 clove garlic, minced
1/2 tsp. dried rosemary leaves or basil, crushed
4 pork chops, about 1" thick (trim all visible fat)



For marinade, combine pineapple juice, sherry, brown sugar, rosemary and garlic; mix well. Place the pork chops in a shallow dish. Pour marinade over chops. Cover and refrigerate overnight, turning meat occasionally. Remove pork chops from marinade. Place on rack of broiling pan. Broil for 10 to 12 minutes on each side, or until done, turning and basting once with marinade. Makes 4 servings.

Nutritional Analysis:

Calories: 218
Cholesterol: 62 mg
Grams Fat: 5

<http://www.cardassoc.com/recipes/detail.asp?recipeID=1043>

20 Health Benefits of Turmeric

<http://www.healthdiaries.com/eatthis/20-health-benefits-of-turmeric.html>

Turmeric is one of nature's most powerful healers. The active ingredient in turmeric is curcumin. Turmeric has been used for over 2500 years in India, where it was most likely first used as a dye.

The medicinal properties of this spice have been slowly revealing themselves over the centuries. Long known for its anti-inflammatory properties, recent research has revealed that turmeric is a natural wonder, proving beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease.

Here are 20 reasons to add turmeric to your diet:

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.
3. Prevented breast cancer from spreading to the lungs in mice.

4. May prevent melanoma and cause existing melanoma cells to commit suicide.
5. Reduces the risk of childhood leukemia.
6. Is a natural liver detoxifier.
7. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain.
8. May prevent metastases from occurring in many different forms of cancer.
9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
10. Has shown promise in slowing the progression of multiple sclerosis in mice.
11. Is a natural painkiller and cox-2 inhibitor.
12. May aid in fat metabolism and help in weight management.
13. Has long been used in Chinese medicine as a treatment for depression.

14. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
 15. Boosts the effects of chemo drug paclitaxel and reduces its side effects.
 16. Promising studies are underway on the effects of turmeric on pancreatic cancer.
 17. Studies are ongoing in the positive effects of turmeric on multiple myeloma.
 18. Has been shown to stop the growth of new blood vessels in tumors.
 19. Speeds up wound healing and assists in remodeling of damaged skin.
 20. May help in the treatment of psoriasis and other inflammatory skin conditions.
- Turmeric can be taken in powder or pill form. It is available in pill form in most health food stores, usually in 250-500mg capsules.

April Birthday's

Jen Lidstrom-April 21st
Julie Nardella-April 28th

Birthday Blessings

Instead of counting candles,
Or tallying the years,

Contemplate your blessings now,
As your birthday nears.

Consider special people
Who love you, and who care,

And others who've enriched your
life just by being there.

Think about the memories
Passing years can never mar,
Experiences great and small
That have made you who you are.

April 2010

Schedule of Events

- Saturday, April 10th-Charlotte Racefest 10k and Half Marathon
- Sunday April 11th, Trek Store C ride (approx 20-25 miles)
- Saturday, April 17th -Valdese Triathlon
- Saturday, April 17th-Harrisburg 5k
- Saturday, April 17th-Elizabeth 8k Road race
- Sunday April 18th-Trek Store C ride (approx 20-25 miles)
- Saturday, April 24th-CPCC Skyline Run 2010
- Sunday, April 25th-Ride for Sally's Y-25k, 50k, 100k
- Sunday, April 25th-Huntersville Triathlon
- Sunday, April 25th-Trek Store C ride (approx 20-25 miles)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Cool Websites and more...

Swim:

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

Bike:

<http://www.charlottesportscycling.com/main.htm>

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

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

Run:

http://www.roadrunnersports.com/?sc=CX19L288&cm_mmc=psearch-google-Brand%20Terms-rrs101-1000000034

If you are on Facebook, don't forget to check out Team Triumph!

<http://www.facebook.com/pages/Team-TRIumph-NC-an-All-Womens-Triathlon-Club/247470134495?ref=ts>

Do you have a favorite website for gear, events, or articles. Let me



know so I can share with everyone!

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