



4 Months Until Rumble in the Woods... Spread the Word!



We are in the marketing phase of the Rumble. Early in June we held a small meeting to start the marketing process for Rumble in the Woods. I gave out flyers for gals to put out at stores and any events that would be appropriate to advertise Rumble in the Woods. If you would like to help distribute flyers to any stores or trail running events, please let me know, we can get you

some flyers. It takes a village to spread the word about Rumble in the Woods. I have recently emailed you all an attachment about Rumble in the Woods for you all to email to all your running buddies. Sue Mitchel is working on spreading the word electronically thru various websites, thank you Sue! Thank you everyone who has worked hard to get sponsors, design flyers, distribute flyers, order giveaways and awards, etc.

Rumble in the Woods

For more information:

SHIRLENE HAINS

lenehains@bellsouth.net

<http://www.active.com/running/troutman-nc/rumble-in-the-woods-2010>

This event is limited to 100 participants so sign up early or volunteer

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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*

3rd Annual Sausage Sizzle-July 24th

Fun, Food & Prizes for everyone! Bring your mtn. bikes, running shoes and chairs, because we'll be mtn. biking, trail running and/or just plain relaxing! This party is for the whole family so be sure to tote everyone along. The team has always had a lot of fun with the families at this at this great summer sizzle!

Date & Time: Sat. 24th @ 4:30

Place: Fisher Farms off of Shears Rd in Davidson.

The team will provide all the meats, buns, condiments & paper goods.

You bring a side or desert and what ever you want to drink.

If your first name starts with A - H bring a salad, I- P brings a side dish, Q—Z bring a dessert.

Go Ahead, Tri and balance

(from www.beginnertriathlete.com)

I would love to say that my biggest concern of the day is whether I should swim, bike, or run, and that my three kids (ages six, four and nine months) are eager to see to it that I get ample time to exercise. However, life is real...the baby is screaming because he'd rather not take his nap, my four-year-old is sawing through the changing table with a butter knife, and my daughter needs me to drive her to Brownies.

So, welcome to boot camp.

The biggest challenge so far has not been the workouts themselves, it's been carving out the time to do them. Coordinating with my husband so that I can get a swim in, making arrangements with babysitters so I can go for a ride, and making sure the baby is asleep and my son is entertained so that I can get some time in on the treadmill. I realize that this doesn't seem like the best time in life to throw an extra brick on my load of things to do, but if not now, when?

I have been thinking about doing a triathlon for the past ten years. While thinking can be a most challenging activity, it doesn't burn calories, boost the heart rate, or develop endurance. Many an excuse has kept me from trying:

- I don't have time
- My house is a disaster
- I have to get the kids off to school
- I have to get the groceries
- I have to make dinner
- I need to do laundry

A list of drudgeries, I must say, and if you'll notice, none of the things listed above are out-of-the-ordinary occurrences. They are things that most people do every day. So, how do some people wind up fulfilling their personal goals in the midst of ordinary life?

This question led me to a more substantial list of excuses:

- I can't run
- I always get side cramps
- I'm not an athlete
- I've never been good at sports
- I don't have the body type
- I'm not thin enough

Now we're talking! Those are some good reasons! Gosh, with thinking like that, I could buy myself an extra five years on the couch. Seriously though, if you look closer at both of those lists, you'll find that they say the same two things over and over. The first list says, "I don't feel like trying," and the second list says, "I'm not good enough."

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July Birthday's

Happy Birthday to:

Dinah Mistilis-July 9th

Tracey McGowen-July 16th



Go Ahead, Tri and balance (continued from page 2)

Letting go of deeply-rooted hurt doesn't happen instantaneously. It takes time, attention and, for me, it will take something extremely physical, difficult, and monumental in order to say, "You're gone." My sharp instruments of choice are my pen, which never lies, and my lifelong-archrival...my nemesis...cardiovascular fitness.

It's almost comical.

The last time I swam competitively was when I was eleven years old. I was the last kid in my age group to learn how to dive, which made me the notable belly flopper of the eight 'n unders. I had the dorky version of the 80's Speedo swimsuit. Maybe you recall when they first came out with the "High Cut" racing suit. The leg looked like a check-mark. It was so cool. I wanted it.

Deemed immodest by my mom (a word that my sisters and I will always associate with trying on bathing suits), I gave up the dream of the "high cut" suit. My Speedo stripe was thick and fat and it accentuated the belly (an area which I didn't want to draw attention to).

I wasn't a bad swimmer but I also wasn't one of the greats. I did my fair share of pretending that "I didn't know" I was using the lane line as a backstroke-propelling device. But I could hold my own in the water. The true driving force behind my participation in swim team was, of course, the concession stand.

Ahh...concessions. That's what it was all about. My friend Sara and I would get to the meet, tune out the coach's inspirational speech, yell a rousing cheer of "ooo-sa-sa" and then we'd scope out the concession stand. Since we weren't allowed to eat anything before we swam, those glorious concession treats would inspire us to swim faster so that we could get a brownie, or, God willing, even a Rice Krispie Treat, when it was all over.

My memories of swim team don't really include any fierce competition. I loved getting ribbons. Most of mine were red, white or yellow. I think I may have had a couple blues (thanks to DeeDee Cooper who swam faster than a shark... sometimes the coaches accidentally put me on her relay team—I loved those days). I had some pink ribbons also...those ribbons meant "you swam." They were for people who didn't get other colors.

My goal for this sprint triathlon is not to get a blue, red, white, or yellow ribbon. I just want a pink one. "*You did it.*" Because for everyone out there, crossing the finish line is more about life than the race itself.

Finding a balance between spending time with your family, finishing the mundane tasks, and exercising isn't easy. Be good to yourself and keep it simple. I wish you well and humbly offer these tips for beginners like me.

- Set personal goals
- Do 20 minutes of physical activity per day
- Make the commitment and say, "I'm going to do this!"

Write it down

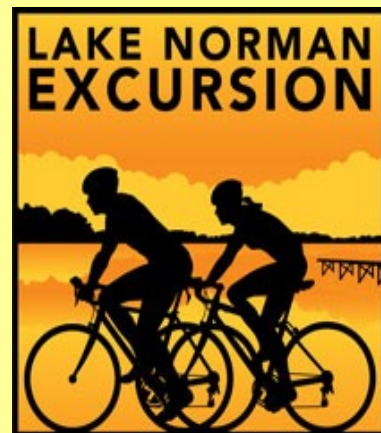
My Mantra for the Month: Drink more water, eat less sugar, burn more calories. (I'll let you know what happens.)

By: Meg Lentz

Upcoming Ride-July 17th Lake Norman Excursion

<http://coolbreezecyclery.com/articles/2010-lake-norman-excursion-official-site-copy-copy-pg512.htm>

This is a GREAT local ride that is well supported. You have your choice of 36, 65 or 100 miles.



Recipe of the Month-Black Beans and Rice

Ingredients:

2 cups of brown rice
Vegetable Oil spray
1 tablespoon olive oil
1 medium onion, chopped
3 cloves of garlic, minced
1 medium carrot, chopped
1/2 green bell pepper, chopped
1/2 teaspoon cumin
1/2 teaspoon coriander
1 tablespoon dried parsley
One 14.5 ounce can of stewed or diced tomatoes
Salt and Pepper
Two 15 ounce cans black beans, drained
Fat Free Sour Cream or Yogurt

Instructions

Begin cooking the rice. Meanwhile, coat a large skillet with vegetable oil spray. Add the olive oil and sauté the onion and garlic for 3 minutes. Add the carrot and continue cooking for 3 minutes. Add the green pepper and sauté 5 minutes more. Add the spices, tomatoes (with juice), salt and pepper to taste. Simmer until the vegetables are tender. Add the beans. Simmer 10 minutes more. Serve on the brown rice with fat-free sour cream.

Submitted by Jen Biela (this is a staple in our house, it's really good!)

Extracted from the Complete Book of Abs



Our next Team Training Day-July 10th

If you weren't able to join us last time, this event is a great time. You can do all 3 events or just one or even just come out and cheer on everyone else!

The open water swim will start at 8am sharp. The cost for the swim is \$10. Please let Tara know if you want to sign up for the swim.

The bike will start right after the swimmers finish. We will be completing the Lake Norman Triathlon route (approximately 18 miles). We will have multiple groups to allow everyone to be able to ride the speed they are comfortable.

Lastly, there will be cheat sheets for the 5k route as well.

Please come out and join the team. If you have a Team Triumph shirt hat or any other items please wear them proudly! For questions please contact Tara at ttkc@bellsouth.net

6 Tips for Making Exercise on Vacation Easy

Vacations mean rest, relaxation, and rejuvenation from the stressors of daily life. The American Institute of Stress shows that vacations are good for us, revealing that those individuals that take an annual vacation significantly defuse job stress and cut their risks of diseases by 20 to 30 percent in the following year. However, most Americans seeking a relaxing escape from reality overindulge in unhealthy lifestyle behaviors, leaving exercise and healthy eating at home.

“Some individuals have the mentality that exercise isn’t necessary while on vacation, but this isn’t true,” says Rosie Ward, MPH, CHES, director of health and wellness at Northwestern Health Sciences University in Bloomington, Minn. “Exercise not only helps our bodies function better, but provides the sense of normalcy and stability our bodies need when traveling over time zones, eating different types of foods, and adhering to schedules we are not used to.”

Ward reminds people that overindulgence can lead to feeling the need to work twice as hard upon return. “You want to feel “refreshed” when you get back, without thinking you need to be a “slave” to your workout in order to make up for time lost or weight gained.”

Katie Burns Ryan, DC, an associate professor and clinician at Northwestern, says exercising on vacation doesn’t require following a strict, intensive timetable to be effective. “Exercise doesn’t have to adhere to a rigid schedule and doesn’t have to last for an hour or more,” she says. “Exercise can include short bursts activity, including sightseeing on walking tours, swimming, running on the beach or trails, using the hotel’s exercise equipment, or simply yoga or resistance training within your own hotel room.”

Ward suggests the following tips to work exercise in while on vacation:

- Do your homework and ask questions. “Call the hotel or look it up on the Web to discover what activities or amenities the location offers so you can pack appropriately and plan ahead. Find out how safe the activities are before you sign up for them and ask the hotel if it has an arrangement with a nearby gym or look into any health clubs that might be near by,” says Ward.
- Know yourself. “Know how much exercise you need, perhaps based on your regular routine and discover where it could fit into your vacation,” says Ward. “You may need to shift your mentality about how exercise looks for you and do different types of activities that will still reflect the overall goal you want to get from exercise. Very active individuals will choose more adventurous activities like rock climbing, while others might be satisfied with dance or yoga classes offered by a cruise or resort. It simply depends on the individual and what he or she wants to get out of a vacation.”
- Try something different. “You don’t have to do the same old exercise routine day after day while on vacation,” says Ward. “Try ‘touristy’ activities like walking tours or do a more adventurous activity to keep active and engaged. It’s important to let loose but to not completely let yourself go.”
- Pack appropriately. “You can easily pack items like exercise tubes, an exercise mat, or even your iPod packed with a week’s worth of workouts from Podfitness or a podcast to keep you going while on vacation,” says Ward. “Resistance training and yoga require no space and can be done in your hotel room.”

Dr. Burns Ryan suggests the following to improve one’s overall health to make exercise easy upon arrival at your destination:

- Do isometric exercises on the plane or in the car. These exercises help improve circulation and relieve muscle stiffness during travel. Isometric exercises involve tensing muscles such as those in the toes, calves, quads or ham strings and holding them in a stationary position while maintaining the tension and then releasing.
- Train your body before you go. “If you are planning to do a lot of activities, make sure your body is physically ready for them,” says Dr. Burns Ryan. Train for the activities to prevent injury or overuse, get a good night’s rest the night before, sleep while on the plane, and drink lots of water. Upon arrival in your destination, despite the time zone difference, jump right into the day to avoid altering your internal biological clock.”

Source: Natural News Service, Northwestern Health Sciences University (March 2007).