



Time to Prepare for Rumble in the Woods



Rumble in the Woods

On November 13th, Team Triumph will host its 3 Rumble in the Woods at Lake Norman State Park. We will offer trail runners a 5k and 10k trail run course. The charity we chose to honor is the Hope Foundation in Huntersville, NC. We are also honoring Soles4Souls so bring your gently used

shoes to donate to a great cause. It takes a village to get this event off the ground and to run the event. Please offer your help to market this event by emailing friends and putting out flyers. This is Team Triumph's big event of the year so we expect to see as many TT members out there volunteering as possible. You can tell friends to register online on active.com and our own website. Get the word out there!

For more information:

SHIRLENE HAINS

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<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

All Natural Facial Cream with Sunscreen:

"Just A Bit" All Natural Facial/Body Cream w/all Natural Sunscreen for \$15.00 a bottle, 6oz. Corrine Lewis (dcjtlew@roadrunner.com)

Ingredients: Distilled Water (pure, clean water), Aloe Vera Gel (firms and tones skin), Vitamins A (stimulates growth of the base layer, structural integrity of the skin cells) & E (antioxidant), Almond Oil (light & works well with most skin types) or Grapeseed Oil (for Oily/Blemished skin types, Coconut Oil (rich emollient), Shea Butter (natural sunscreen because of it's Vit E & F. It's crucial to keep our skin nourished "naturally" without putting chemicals on our skin (commercial products are synthetic and chemically produced), which are absorbed into our bodies. Makes great gifts too!

Swimming Skillfully

Swimming skillfully is a bodily expression of circuits created in the brain through practice that is thoughtful, specific and attentive. Because of the complexity of swimming these circuits take time to develop. First we create circuits to move through the water with efficiency. Then we create circuits to maintain that efficiency over time. And then we create circuits that can maintain efficiency over time with greater speed.

The production of these movement pathways is referred to as “muscle memory” or sometimes “kinesthetic memory”. When we learn a new movement pattern to swim efficiently, our muscles communicate with our brain and our nervous system has to adapt. It does this by laying down a myelin sheath or ‘insulator’ around the nerves to strengthen the nerve impulses and make the movement stronger and more consistent. This process takes time and patience for the pathway to become imprinted in our brain.

Why does it seem that this process is more difficult in swimming? Here are some thoughts:

- Swimming efficiently is counterintuitive. Humans are not programmed for efficiency in the water.
- Most of how we were taught to swim as children reinforced ineffective movements in the water.
- We are used to the intent of swimming more and harder to improve.
- Body awareness in the water is so different to that on land. On land we are grounded by gravity. In the water we are horizontal and unstable.

What can we do to work towards strengthening our kinesthetic pathways and becoming efficient swimmers? Here are some thoughts:

- We can aim to minimize the body’s ineffective intuitive movements in the water. This can be achieved by examining 3 fundamental principles of efficient swimming: balance, streamlining and propulsion.
- We can approach our swimming learning and practice with thought. This can be achieved by progressing with specific stroke focal points to strengthen the neural pathways.
- We can set realistic goals and be patient with our practice. We can build upon success and precise swimming to work towards long term muscle memory.
- We can accept the challenges that the aquatic environment presents and use it as an opportunity to examine body awareness and sensing.

Take these thoughts to your next swim practice. Approach your practice with thought, focus and structure to strengthen the mind-body connection.

By Dinah Mistilis, certified Total Immersion coach. www.totalimmersion.net

June Birthday’s

Cyndy Vilseck, June 6th

I recognize that I don’t have an up to date Team roster, so my apologies if I missed your birthday!



Recipe of the Month-Almond Butter Chocolate Chip Cookies

Sink your teeth into these-6 ingredients, 2 steps and 20 minutes is all you need to whip together two dozen cookies. Made with no-flour, dairy free, low sugar and gluten free!

Ingredients:

- 1 cup of unsalted almond butter, stirred well
- 3/4 cup of Sucanat
- 1 large egg
- 1/2 tsp of baking soda
- 1/4 tsp sea salt
- 3oz. Of dark chocolate (70% of cocoa or greater) broken into small pieces



Instructions

- Pre-heat oven to 350 degrees. In a medium bowl, stir together the first 5 ingredients until blended. Stir in chocolate.
- Drop dough by rounded tablespoonfuls onto parchment-lined baking sheets. Bake for 10-12 minutes or until lightly browned. Let cool on baking sheets for 5 minutes. Remove to a wired rack and let cool for 15 more minutes.

Nutrition per cookie:

110 calories per cookie, total fat: 8g, Sat. Fat: 1.5g, Carb: 10g, Fiber: 1g, Sugars: 3g, Protein: 2g, Sodium: 55 mg, Cholesterol: 10mg.

Clean Eating Magazine: March/April 2010

Submitted by Cyndi Johns

Triathlon Gear for Sale...

Items for Sale:

- Size 43 Specialized bike shoes, used for about 6 months, like new. \$20 or best offer
- Size 42 Shimano bike shoes, entry level shoes for someone who is looking to move into clips. \$20 or best offer
- Saris Bones 3 bike rack-Used for about 1 year, less than 20 times on the car. Was used on a Honda Accord. \$30 or best offer.



If you have items to add or you are interested in the items above, please contact Jen Biela, biela@ctc.net or 704-785-4026

Tips for Exercising in the Heat

Most of us can't wait until it's warm enough to take our workouts outside, but exercising in the heat after a long winter can be tough on the body. When temperatures rise and the humidity soars, we run the risk of:

Dehydration, which can lead to fatigue, dizziness and muscle cramps

Fainting - If you're not used to exercising in the heat, you might pass out from a drop in blood pressure

Heat exhaustion or heat stroke

Sunburn

Heat rash

You may be excited to get out, but your body needs time to adapt to exercising in hot and humid environment. Use these tips for exercising in the heat.

1. Stay Hydrated

The most important part of exercising safely in the heat is to stay hydrated. When you're dehydrated, you not only risk fatigue and poor performance, you also risk more serious problems like heat exhaustion or heat stroke.

General Guidelines”

- Drink about 2 glasses of water 2 hours before your workout.
- Sip water throughout your workout, about 8 ounces every 15 minutes. Carry a hydration pack for convenience
- Consider a sports drink if you're exercising for more than an hour or you're working out in extreme heat.
- Continue to drink water after your workout to replace any fluids lost.
- If you're exercising for a long period of time, weigh yourself before and after your workout and drink 2 cups of water for every pound of fluid you've lost.

2. Wear Sweat Wicking Clothes

What you wear when you exercise in the heat can make or break your workout, especially if you're out for a long walk, run or bike ride. The keys to staying comfortable, cool and safe include wearing:

- Lightweight, comfortable clothes - Check for any seams, tags or other things that could lead to chafing or a rash
- Sweat wicking fabrics - Cotton absorbs sweat, making clothes heavy and uncomfortable. Breathable fabrics help sweat evaporate, keeping you cooler and drier
- Clothes that are light in color - Light colors reflect some of the sun's energy away from you, keeping you cooler
- A hat to protect your head and shield your eyes and face from the sun
- Don't forget to choose performance socks as well to keep your feet cool and dry.

3. Ease Into Summer Exercise

What we sometimes forget in our first summer workout is that exercising in the heat is harder on the body than exercising indoors. You may find that your heart rate is much higher during hot weather as your body sends more blood to the skin to cool you off. For that reason, it won't take long to get to a high intensity, which may leave you drained and exhausted.

Give your body time to adapt to the heat by:

- Starting slow - Allow for extra warm up time to get a feel for the heat and adjust your intensity
- Shortening your workouts - It's better to leave your workout with extra energy than to spend days recovering from heat exhaustion
- Listening to your body - if you feel dizzy or faint, stop, get into a cool environment and drink fluids

Tips for Exercising in the Heat cont'd

4. Exercise in the Morning

Midday is the hottest time of the day for exercise, which puts you at risk for dehydration, heat illnesses and just plain bad workouts. Consider working out in the morning before things heat up. There are other great reasons to exercise in the morning:

- It's easier to stick to your exercise program
- You get your workout in before the day gets out of control
- You'll have more energy for the rest of the day
- You get your metabolism going, which can help with weight loss
- You can also consider splitting your workouts, doing part of it in the morning and part of it at night when the weather is cooler. You get the same benefits as continuous workouts and another way to beat the heat.

5. Protect Yourself with Sunglasses and Sunscreen

Most of us wear sunscreen when we're at the beach or pool, but how many of us head out for a run and remember the sunscreen?

When you prepare for your workout, put your sunscreen nearby so you don't forget it and put it on at least 30 minutes before your workout. Look for sunscreens that:

- Offer protection of at least SPF 15
- Provide protection from UVA rays
- Are sweat and/or water-resistant
- Learn more about the best sunscreens for exercise.
- Don't forget, a good pair of sunglasses will protect your eyes from UV rays and make it easier to see where you're going. Look for Lightweight, durable frames and a comfortable, no-slip fit.

6. Stay Cool

Stay cool on the hottest days with these tips:

- Put your water bottle in the freezer overnight for an ice-cold treat during your workout
- Try the EverCool Bandana - soak it in water and wrap it around your neck to stay cool
- Wear your swimsuit and plan your walking or running route so that you pass by your local pool. Swimming is great cross-training and you get to cool off
- Try water workouts - Use an aqua belt to keep you afloat as you run laps
- Exercise indoors - When it's too hot to exercise, this is a great time to try exercise videos, fitness classes at the gym or boredom buster cardio machine workouts

By Paige Waehner, About.com Guide
Updated May 10, 2010

Pictures from Team Training on June 5th



Team Training Day at Lake Norman YMCA-We ROCK!!!



Candid shot @ Training Day!

Thank you Tami Curtis for remembering to bring a camera so we could capture our great training day!