



May is National Bike Month



recreation. The bicycle is an efficient, non-polluting mode of transportation that is good for your health and provides many free perks. The event features an agenda of exciting activities for children and adults.

The intention of the 2010 edition of BIKE! Charlotte is to empower the citizens of Charlotte to incorporate the bicycle into their life. Whether you are pedaling to better health, to save money, for cleaner air, to have more energy, for losing weight, independence, easier parking, or to have just plain fun -- you can "Grab Life by the Handlebars".

For more info:
www.bikecharlotte.org

Inside this issue:

A Tribute to Motherhood	1-2
Birthdays	2
Monthly Recipe	3
Shop Smart	3
Cool Websites	4
Items for Sale	4
Calendar	4

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*

May is for Mother's

A Tribute to Mother's:

A Special Role

We must give a tribute to motherhood. It's a very special role and we should value ourselves. Usually our children value us; if not when they are young, then certainly when they become adults!

I Recognize My Mom

I know for sure that when I grew up and left home I became almost painfully aware of how much my Mom had had to put up with. Of course only when I became a mother myself did I fully realize all that she did.

We're Not Perfect, Nor Do We Have To Be! (continued on page 2)

A Tribute to Motherhood Continued

Often we feel unappreciated by our societies so we need to recognize and support each other, instead of criticizing as so often happens. We all do the best we can in often very challenging circumstances. We need to give ourselves a break and stop expecting perfection of ourselves. No-one is perfect; as long as we love and set consistent boundaries, we can't go far wrong.

Let's Value Ourselves

I think it's useful for us to take time sometimes to really examine the breadth of our role. In this way we can appreciate and value ourselves and keep our self esteem healthy.

No Training

Women and mothers have a unique role to play in society using our special nurturing and people skills. We don't get any (or very little) training and preparation for being a mother yet most of us instinctively know what's right for our children. That's impressive! In no other job would that be expected!

We Have Valuable Skills

We have a wide range of skills which are valuable, not only to our families, but also to society as a whole:

Multi-tasking

We are able to complete more than one task at a time, often several!

Communication

Women are generally competent communicators and to be able to communicate with the full age-range from babies to the elderly is very skillful.

Empathy

We are generally sensitive to others' feelings and good at reading and using body language. We are also able to see things from others' point of view.

Love

Our ability to love unconditionally as mothers I guess surprises and scares us at times, it's so powerful. There's nothing we wouldn't do for our kids.

My Tribute To Motherhood

I salute all of us, for the great job we do: we're all unsung heroes!

From

<http://www.all-about-motherhood.com/tribute-to-motherhood.html>



May Birthday's

Stephanie Hanley, May 7th

Alicia Bowman, May 13th

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

Other Famous people born on the same days:

May 7th:

1950 -Tim Russert, born in New York, American television journalist, author, lawyer, 'Meet the Press' moderator

May 13th:

1961-Dennis Rodman, NBA forward, Chicago Bulls

1950 -Peter Gabriel, rocker, Genesis-Against All Odds

Recipe of the Month-Smoky Shrimp & Pasta Salad

This hearty summer salad combines smoky grilled shrimp with bell peppers, onions and pasta. Our mesh pans make it easy to cook the ingredients on an outdoor grill.

Ingredients:

4 bell peppers (a mixture of red, yellow and orange), seeded and cut into 1/2-inch dice

1 small red onion, cut into 1/2-inch dice

3 garlic cloves, sliced

6 Tbs. olive oil

Salt and freshly ground pepper, to taste

2 Tbs. sherry vinegar

2 tsp. smoked paprika

1 lb. medium shrimp, peeled and deveined

6 green onions, thinly sliced

1/2 lb. fusilli, cooked until al dente

2 Tbs. minced fresh flat-leaf parsley

Directions:

In a large bowl, stir together the bell peppers, red onion, 2 of the garlic cloves, 4 Tbs. of the olive oil, salt and pepper. Set aside.

In a small bowl, whisk together the vinegar, paprika and the remaining 2 Tbs. olive oil. Reserve half of the vinaigrette. In another bowl, combine the remaining vinaigrette with the shrimp, the remaining garlic, salt and pepper. Cover and refrigerate for 20 to 30 minutes.

Prepare a medium-hot fire in a grill.

Place a mesh chef's pan on the grill and preheat for 5 minutes. Place the bell pepper mixture in the pan and cook, stirring occasionally, for about 15 minutes, adding the green onions during the last few minutes of cooking. Transfer to a large bowl and set aside.

Place a mesh grill pan on the grill and preheat for 5 to 10 minutes. Working in batches, add the shrimp to the pan and cook for 3 to 5 minutes per side, stirring as little as possible to get a dark sear on the shrimp. Transfer the shrimp to a bowl and cover with aluminum foil while cooking the remaining shrimp.

Add the shrimp, pasta, parsley and the reserved vinaigrette to the bowl with the bell pepper mixture and stir to combine. Serve warm. Serves 4 to 6.

Williams-Sonoma Kitchen.

<http://www.williams-sonoma.com/recipe/smoky-shrimp-pasta-salad.html>



Shop Smart

Using Data from the USDA and FDA, the Environmental Working Group found the 12 vegetable and fruits below contain more pesticides than any other produce items. Buy them organic whenever you can-Joanna Sayago Golub

1. Peaches

2. Apples

3. Sweet Bell Peppers

4. Celery

5. Nectarines

6. Strawberries

7. Cherries

8. Kale

9. Lettuce

10. Imported Grapes

11. Carrots

12. Pears

May 2010

Schedule of Events

Saturday, May 15th-Upgrade Lifestyle 5k in Birkdale Village

Saturday, May 15th-Statesville Triathlon

Saturday, May 15th-Assault on Morrow Mountain

Saturday, May 15th-Cycle Charlotte

Saturday, May 15th-Pet Palooza 1 mile walk and Kennelly 5k (pet friendly 5k)

Wednesday, May 19th-Ride of Silence

Saturday, May 22nd-Great Harvest Bread Co. 5k

Saturday, May 22nd 5k Run for Clean Air

Saturday, May 22nd-Gears and Cheers

Saturday, May 22nd-Ride for the Kids

Sunday, May 23rd-Greensboro Triathlon

Monday, May 31st-Bike's East Memorial Day Ride

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	31					

Thank you for the feedback last month, coming in next newsletter will be a spotlight on a Team Triumph member and an article from Dinah on Swimming! Stay Tuned!

Cool Websites and stuff for sale

Swim:

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

Bike:

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

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

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

Run:

www.roadrunnersports.com

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! Also, we are going to start listing items that people want to sell. Please contact Jen at Biela@ctc.net to list your items

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.

