



JUNE TEAM NEWSLETTER

The 2009 Triangle Multisport / Inside-Out Sports Team



*2009 Team members
Look for us at the races!*

2009 Triangle Multisport/Inside-Out Sports Team

CHECK OUT OUR WEBSITE AT

www.trianglemultisport-insideoutsportsteam.org

Triangle Multisport/Inside-Out Sports Team 2009 Team Members!

Nasrin Azari
Melissa Bell
Kelly Bruno
Cid Cardoso
Jeanna Chain
Tom Clifford
Robert Ferris
Alysia Kern Lovgren
Aaron Kiefer
Amie Krasnozon
Wade Laufenberg
Jackie Miller
Stacey Richardson
Rob Taylor
Chris Tommerdahl
Kerry Troester
Kristin Villopoto
Dave Williams
George Worrell
Joanna Younts
Ken Younts

ADOPT-A-HIGHWAY VOLUNTEER EFFORT



The Elite Triangle Triathlon Team (TMS-IOS) continues to support the community in which it trains and races by keeping a stretch of road they have adopted at Jordan Lake clean. Four times a year, team members pick up trash and debris along Farrington Rd., between Lystra and Martha's Chapel. The two outings the team has participated so far in 2009 has netted 16 large bags of general trash and 11 bags of recyclable items that otherwise may have made it down into the lake. Many motorists and cyclists thank the team in their efforts as they ride by. Team TMS-IOS encourages everyone to think about the environment and help to make it better whenever they can!



ATHLETE PROFILE: GEORGE WORRELL

Q: You have started out the racing season strong by already posting top three Overall results. What is your main focus, or "A" race, this year?

A: I'm not sure I have any "A" races. I know all the magazines say that you should "rank" your races, which I guess is pretty easy to do on a cold, rainy weekend in early March and all the races seem so far away. So on that weekend in early March, I would say IM Louisville and B2B stand out the most. But that's probably just because they are full IM's. But once the races start rolling around, they seem to all become "A" races. Even if its not the most important race on my calendar, I'm still hitting the RedBull 20 minutes before the gun. But to answer your question, I would say any race where that Cid guy is lining up would be my "Super A" race. Two RedBull's when I spot him at a race.



Q: Looking at your very busy race schedule, is that how you best train for your focus race...by racing a lot?

A: Well I used to be that guy that trained all the time, but never raced because I never felt quite ready. Everything had to be perfect. I'll blame it on youth and ignorance. But thankfully I figured out that its never going to be perfect. Just too many variables in life from day to day. But racing is really fun, and it really is the best form of training. For example, when it was announced that White Lake would be done two consecutive weekends, my first question to Bill Scott was "can I do both?" I figured the 2nd one might be a little hairy, but it was still fun to get out there and suffer like I did. I probably wouldn't have been able to get that kind of effort out of myself just training solo. In addition, I really enjoy all the different distances, so that causes the # of races to add up as well. I think this year I'm doing two full IM's, three 1/2's, 3 Int'l, and three sprints. And of course the post-race parties always make it worth toeing the line.

Q: What is your typical workday week like, and how do fit training into it?

A: Busy. I wear a lot of different hats at work, so sometimes my schedule can be un-predictable. I'm not really a morning person, so I do most of my training after work. If I'm in the office, I'll usually be able to squeeze a swim in at lunch. And when I'm on the road, I'll usually try and find a cool place to stop off and run, whether it's Clemson University, Athens, GA, Umstead, or any beach at low tide. But otherwise the training is pretty much from 6 pm til' dinner. At parties here in Goldsboro, the question I get asked the most is

"was that you I saw running thru my neighborhood at 10 o'clock last nite?".

Q: You seem to be equally blessed in all three disciplines. Which do you feel is your strongest and weakest?

A: Blessed. That's funny. My first triathlon was in Surf City when I was 15. I'm a lot older now. I've raced on some of these courses many, many times, and therefore know all the shortcuts that the race officials don't know about. So that helps tremendously, but when I do pop out of the woods and back on the course, running probably comes the easiest to me. My dad ran marathons while my sister and I were little, and I started running with him around age 8. I started swimming at a fairly young age as well. Goldsboro was like a secret mecca of swimming. The YMCA raised a bunch of cash and built an amazing 50 meter facility and brought in John Richards. He is an amazing coach and swim guru and the talent started showing up from all over the eastern part of NC. So I was very fortunate to get such amazing instruction at an early age. You would barely be able to drag yourself out of the pool after some of his legendary sets. Biking would be the weakest of all the weaknesses, though. Miles are money on the bike, and you gotta have the time to be able to get those in. Those hours can be tough for me to find sometimes, but I seem to be able to fake it pretty well with some indoor computrainer workouts and a few long rides on the weekends.

Q: Do you have a coach, or are you self-coached?

A: I am self-coached, and have absolutely zero coaching certifications. I should probably get one, be it a coach, a certification, or a coach who has a certification. But I'm really at the mercy of my work schedule, and when I see a chance to get out and train, I go. Seems way too simple and not well thought out, but its much more enjoyable for me this way. I've tried to write out some training plans w/ base, builds, peaks, tapers, etc. And it was beautiful on paper, and I sure would've been faster had I stuck to it, but then you have a crazy busy week, or get sick, or your neighbor's daughter graduates from college and moves home for the summer. I'm not a Type A person at all, and therefore I'm in a much better frame of mind when I have no schedule. If I feel good after work, I'm probably doing a hard, fast brick until 10 o'clock at night. If not, I'm probably at home with a cold beer and Taco Bell.

Q: What do you do outside the sport and work? (or is that one of those, "yeah, right" kind of questions)?

A: Well, I don't have any kids yet, so, yes, there actually is a bit of time left over here and there. I'm a fairly social person, so I go out probably a little more than I should. In the fall and winter, I can be caught heading to Chapel Hill for the UNC football and basketball games. And in the summer, I go to the

beach and go on the boat. That's my favorite -- boat, salt water, sun, fun people, and cold beverages -- those ingredients stirred together is a guaranteed concoction of fun.

TEAM YOUNTS WIN MASTER'S COUPLE TITLE AT COLUMBIA TRIATHLON

Ken and Joanna Younts both competed at the Columbia Triathlon in Maryland this past month with exceptional results, especially in the Couples category. Ken came out of the water in 2nd place, just 10 seconds behind the leader in his wave and followed that up with the 4th fastest run in his age group to place 5th in the 40-44 male division, and 45th overall in a field of over 1000 males. Joanna took 4th in her age group and 31st overall in the female division with the 3rd fastest bike and 4th fastest run in her age group. Their times were then added up for a combined score that placed them 1st in the Masters Couple division by over 7 minutes.

RECENT TEAM RESULTS

March

- JoAnna Younts took 4th and Kristin Villopoto took 1st at the rainy Charlotte Long Course Duathlon.
- Cid Cardoso, Jr. secured 8th OA and George Worrell took 24th OA in the brutal conditions at the Mt. Mitchell Challenge.
- Tom Clifford finished 2nd OA and Dave finished in the top 5 at Azeala Triathlon. Stacey Richardson and Chris Tommerdahl placed 1st and 2nd, respectively, at the race.
- Robert Ferris took 2nd OA, Kerry Troester finished 3rd female OA, Jackie Miller snagged 4th female OA, and Kelly Bruno finished 3rd AG at the Cary Long Course Duathlon.
- Stacey Richardson secured 1st and Kristin Villopoto took 2nd at the MAP Triathlon this year. Nasrin Azari followed up with 4th, Kerry Troester with 9th, and Jackie Miller with 12th. Tom Clifford raced to take 6th OA, Ken Younts took 13th OA, and Wade Laufenberg finished 16th OA at MAP.

April

- Stacey Richardson and Kristin Villopoto posted overall wins at the Carrboro Classic Duathlon and Sprint events.

- JoAnna Younts snagged 4th AG at the New Orleans 70.3.
- Chris Tommerdahl took 3rd at the Twenty-12 Talent Invitational.
- Kelly Bruno took 3rd AG and the Amie Krasnozon/Dave Williams relay team took 2nd at Beaverdam. For the men, Tom Clifford finished 1st OA, George Worrell 2nd OA, Aaron Kiefer 3rd OA, and Ken Younts 4th OA to round it out.
- Melissa Bell finished the Boston Marathon in 3:47:21.
- Kerry Troester secured 5th place in her AG, JoAnna Younts placed 8th in her AG, and Kristin Villopoto took 1st in her AG and 8th female OA at the USAT Duathlon Nationals.
- Chris Tommerdahl finished her first Pro race in 17th place at St. Anthony's Triathlon.

May

- Tom Clifford and George Worrell took 1st and 2nd place OA, respectively, at the White Lake Half Ironman (weekend 1). Jeanna Chain also finished 4th OA and Kerry Troester finished 6th OA.
- At the White Lake Sprint Triathlon (weekend 1) Aaron Kiefer finished 3rd OA, Chris Tommerdahl took 1st, Amie Kraznoson took 3rd and Nasrin Azari finished 6th.
- At the White Lake Half Ironman (weekend 2) Cid Cardoso, Jr. and Wade Laufenberg finished 1st and 2nd Masters Open. George Worrell finished 7th OA and Robert Taylor placed in the top-25.
- Ken Younts snagged 7th OA and 1st Masters Open, and Stacey Richardson grabbed 1st OA at the White Lake Sprint Triathlon (weekend 2).
- JoAnna and Ken Younts took 4th and 5th in their respective age groups at the Columbia Triathlon in Maryland.
- Nasrin Azari and Jackie Miller raced Florida 70.3.

Upcoming Events:

- [Kerr Lake Triathlon](#) 6/7/2009 Henderson, NC
- [Mooseman ½ Ironman](#) 6/7/2009 Bristol, NH
- [Tri Latta Triathlon](#) 6/13/2009 Charlotte, NC
- [Eagleman 70.3 Triathlon](#) 6/14/2009 Cambridge, MD
- [Kansas 70.3 Triathlon](#) 6/14/2009 Lawrence, KS
- [Escape from Alcatraz](#) 6/14/2009 San Francisco, CA
- [Kure Beach Double Sprint Triathlon](#) 6/28/2009 Kure Beach, NC
- [Philadelphia Insurance Triathlon](#) 6/28/2009 Philadelphia, PA

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