



MARCH 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

2009 TEAM SPONSORS: WHO THEY ARE AND WHAT THEY DO?

TRIANGLE MULTISPORT: Triangle Multisport offers expert coaching in triathlon, swimming, cycling, and running. Dave and Monette Williams, both USA Triathlon Level II certified coaches, along with their other certified trainers offer coaching at all levels to help you achieve your goals.

INSIDE-OUT SPORTS: Inside-Out Sports is the Triangle's premiere running and triathlon shop, offering all of the latest athletic gear for your running, cycling, and swimming needs. The original shop in Cary has been owned and operated by Cid Cardoso, Jr. since 1994 and a second branch in Charlotte was opened in 2002. Picked as a Top 15 Triathlon Store and named Editor's Pick for Best Tri Shop in the US by Inside Triathlon, these guys know the industry are at the forefront of the industry.

FINISH STRONG: Finish Strong is an event production company owned by Brent Dorenkamp, Jason Biggs, and Marc Primanti. The company is based out of Raleigh where they direct and time triathlons, duathlons, time trials, and running races. The company has grown quickly since beginning their operation in 2007

and continues to add events to their lineup each year.

LARRY MORAY, DDS: The Happy Tooth is Dr. Larry Moray's dental practice. He offers "orthodontic, pediatric, cosmetic and family dental care."

LABCORP: LabCorp is a leader and innovator in the field of medical laboratory testing. With a global network of offices and staff, LabCorp guarantees timely and accurate results.

TRIANGLE ORTHOPEDIC ASSOCIATES: Triangle Orthopedics offers state-of-the-art medical care for patients with musculoskeletal and pain problems.

PROGRESS PHYSICAL THERAPY: Services offered by Progress Physical Therapy range from fitness and wellness programs to sports performance enhancement and injury recovery and prevention. The staff includes experienced physical therapists with a wide range of degrees and knowledge and expertise.

HADDOCK COLLISION CENTERS: The largest auto body repairer in the Raleigh-Durham area, Haddock Collision Centers has grown over its 30 years of operation, servicing the residents of Wake County. All 4 locations offer quality repair and quick service to get you back out on the road again.

SAGE ENDURANCE: Sage Rountree is an accomplished writer, yoga instructor, Level II USA Triathlon coach, and Level III USA Cycling coach. Her philosophy of coaching is based on the elements of balance, communication, and transparency. She has worked with a lot of different types of athletes, ranging from the recreational athlete to former Olympians.

POWERBAR: The goal of Powerbar is to help athletes reach their full potential by providing convenient nutritional products.

HEADSWEATS: Headsweats provides a perspiration technology that helps athletes beat some of their frustrations faced on the road – the salty sweat and sunscreen that notoriously drips down into your eyes.

ATHLETE PROFILE: CHRIS TOMMERDAHL



Q: Now that you have turned pro, you are racing U23 this year. How many races will you be competing U23?

A: I'm still trying to figure out my race schedule, but hopefully I'll be doing three draft legal races in addition to racing in the elite category at St. Anthony's. I'm planning to go to Tuscaloosa for U23 Nationals in August and possibly doing the San Francisco Tri and CapTex Tri, both of which have elite fields but no U23 competition.

Q: Are the U23 races all draft legal?

A: Yes, but there aren't many races with U23 fields in the US.

Q: Rules allow you then to also compete non-drafting/ non-U23 status?

A: Yes, I can still race in non-drafting races as long as there is no elite field. For example, I will be able to race in the open division in NCTS races like I did last year when I didn't have an elite license.

Q: How are you preparing for the draft legal format?

A: I've been doing more riding in groups this winter and I did my first bike race a few weeks ago at the Orange County Speedway. I think this additional exposure to the dynamics of racing in a pack has improved my bike handling and drafting skills. I've also been putting in a lot of work in the pool so that I'll have a better chance of being able to hang on to the really fast swimmers' feet in the pro races. My run isn't quite where I'd like it to be yet, but hopefully it will come along once I get over the minor injuries I'm currently working through.

Q: What do you see as your toughest challenge in racing draft legal? In racing in general?

A: Running is my biggest challenge. Every time I start to feel that I'm finally getting in the mileage and intensity I need, a new injury pops up and I have to take time off again. Sometimes I wonder if I was meant to stay in the pool!

Q: In racing this format, what do you feel most confident in and why?

A: Right now, I probably feel most confident about the bike. I've been riding with a lot of fast guys, and being able to keep up with them

during hard efforts has built up my confidence. I also feel pretty good about the swim, but there aren't as many people to train with and push me as there are on the bike. I've been coaching high school swimming, and when I see the times that the real swimmers are doing and compare them to my times at that age, I just don't feel quite as fast anymore!

Q: What are your goals for this season?

A: Last year, I was pretty happy with how I ran considering that I wasn't able to train much due to knee problems. However, I need to improve my run, and I would like to be able to train more consistently for running this year. Since it will be my first year racing elite and I don't quite know what to expect yet, I don't have specific race result goals right now. I mainly want to introduce myself to draft legal racing and gain experience with the tactics used in this type of competition; we'll see how it goes from there. That said, because this is the last year that I'll be eligible to race in the U23 field, I would like to do well at U23 Nationals. I hope to gain enough experience in the elite races early in the season to make that possible.

Q: It is evident how well you have progressed under the coaching of Dave Williams, of Triangle Multisport. How do you feel he has been most effective in helping you grow as an athlete?

A: Dave has pushed me to challenge myself in all three sports while ensuring that I don't overdo things. Without Dave's coaching, I don't think I would train with the necessary intensity and instead would do greater volume with lesser gains. Dave makes sure that I don't get carried away with too many long rides and swim workouts by reminding me that they can affect my running negatively. However, he also allows me some flexibility; if there is an event that I really want to do, like an open water swim or a mountain century ride, he'll often let me go ahead with it, even if it isn't exactly what I need. I think this is good for me in the long run because being able to change my focus every now and then helps me stay motivated.

Q: What is your favorite part about the sport and partaking in it?

A: The best thing about triathlon is that since it involves three sports, I can do multiple workouts in a day without repeating activities (I enjoy not having to jump in the pool twice a day anymore!). I like that because each sport stays fresher than it would if I were focused on only one of them- and if I have a bad day with one sport, I can still have a good day with another. As another plus, it's easier to get more workouts in this way, which means I get to eat more :)

TOM CLIFFORD WINS MYRTLE BEACH HALF MARATHON



Tom set a new course record at the Myrtle Beach Half Marathon last month with a time of 1:09:52, which is just 2 seconds off his personal best. He took the pace out at 5:20 and ran with last year's winner until about mile 3 when he decided to surge ahead and drop him. For the next 10 miles, Tom held a pace of 5:16 to 5:18. He was unstoppable. This is Tom's 3rd half marathon win. In some ways this was just another training run for his A race this year, Ironman Brazil in May.

FEBRUARY RACE WRAP-UP

The 2009 season started off with a lot of great races in January and February. Krisitin Villopoto and JoAnna Younts braved the most frigid temperatures the area has seen in eight years to compete in the Greenville Duathlon. The 14-degree race start temperature did not keep them from the start line or from the finish where they placed 1st and 2nd female, respectively. The temperature warmed up a bit by the beginning of February and offered perfect racing conditions at the Uwharrie 20 mile trail run, where Cid Cardoso, Jr. took 4th place and Rob Taylor took 13th. The technical course requires constant concentration to avoid roots and loose rocks, making it as much mentally exhausting as it is physically. Tom Clifford and Wade Laufenberg also made a good showing at the Myrtle Beach Half Marathon. Tom won his 3rd half marathon with a course record setting time of 1:09:52. To finish off the month of February, four team members went out for the Coach Bubba's 20k and 4-Miler. Kerry Troester and Nasrin Azari took 1st and 2nd Master Female, respectively, and Alysia Lovgren placed 3rd female in the 4-miler. So far, so good!

RECENT TEAM RESULTS

- Kristin Villopoto and JoAnna Younts place 1st and 2nd female, respectively, at the Greenville Duathlon in January.
- Cid Cardoso takes 4th and Rob Taylor takes 13th at the Uwharrie 20 mile trail run.
- Alysia Lovgren snags 2nd for women in the Krispy Kreme Challenge.
- Tom Clifford set a new course record of 1:09:52 to take 1st at the Myrtle Beach Half Marathon.

UPCOMING EVENTS

- [Charlotte Long Course Duathlon](#) 2/28/2009
- [Umstead Marathon](#) 3/7/2009 Raleigh, NC
- [Azalea Triathlon](#) 3/14/2009 Wilmington, NC
- [Adopt-A-Highway](#) 3/21/2009 Chapel Hill, NC
- [Cary Long Course Duathlon](#) 3/21/2009 Cary, NC
- [MAP Triathlon](#) 3/29/2009 Huntersville, NC

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