

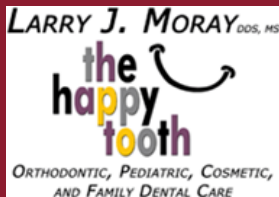
□ TMS-IOS Elite Triathlon Team Newsletter

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Winter 2014

Sponsor Highlight - Elite Chiropractic

From world-class professional athletes to the athletes of all ages and physical abilities Elite Performance Chiropractic (EPC) has been servicing the Greensboro and Durham athlete community for the past 5 years. EPC has experience working with Ironman triathletes, marathoners, competitive swimmers, and long distance cyclists just to name a few. So they know science and they know the sport.

Relieving pain and getting the athlete back to form is the primary goal; however their hallmark and what differentiates them is finding the root cause of the problem. Relieving pain and locating the source of the problem requires a biomechanical and functional approach with their patients. In doing so, they address both osseous structures and soft tissues. Their treatments will many times consist of an adjustment, Active Release Technique (ART) and active rehabilitation. In their offices you will find that they not only treat aches and pains but also work with many athletes to improve performance and movement efficiency.

EPC has locations in Greensboro, NC and Durham, NC - contact information, additional informational, staff profiles and directions can be found on their web site: <http://www.epchiropractic.com/>

Crock Pot Chicken Cacciotore

-Tara Wind
RD,LDN

Ingredients:

4-6 chicken breasts, cut into strips or left whole
1 jar spaghetti sauce (28 ounces)
2 green bell peppers, chopped
1 onion, chopped
1 package of mushrooms (8 ounces), sliced
2 cloves garlic, minced or pressed



cutaway

The Team would like to thank all of our 2013 sponsors for their generous assistance!

[Visit the TMS / IQS Triathlon Team online](#)

Featuring sponsor info, race calendar and reports, athlete blogs, and more!

Directions:

1. Brown chicken in separate pan, place on bottom of crock pot.
2. Top with spaghetti sauce and remaining ingredients in order listed above.
3. Cover and cook low for 7-9 hours or high for 4-5 hours
4. Serve over whole wheat pasta or with rice.

Swim to a Bike PR

- Seth Long

USAT Level 1 Certified Coach

Swimming can be a great strength for some triathletes, and a huge detriment for others. Many people see the times on the clock and use them to indicate their fitness. However, more than swim times themselves contribute to overall performance.

Swimming well takes a special dedication, to meticulously correct technique, to develop strength to maintain technique, and plain old lat busting hard work. A lot of times, it's difficult to see the dividends that are paid through a swim focus. Times may only slightly drop, or even stay the same. You may not *feel*, any faster in the water. What you don't notice, is how the new found swim fitness has improved your bike split.

Coming out of the water with a lower heart rate, using less fuel, and an overall perception of being more calm can not only affect your physical ability to bike well, but also your mental ability as well. As the training season begins for some of you, and continues for others remember to persist through demanding swim training, if not for a better swim split, for a better bike split.

An Interview With Our New Members.

Cari Soleo

I am originally from Greenville, NC but have been living in the Triangle area for more than twenty years since graduating from UNC-Chapel Hill. For most of my middle and high school years I played tennis, but in college I took up running to stay in shape, and continued to run on and off after school. Like many other moms, I started running again to get back into shape after having kids. In the summer of 2006 I decided to take on my first half marathon in October. While training for my half, I started swimming for cross training, which I really enjoyed. At the time, it seemed like everyone I met was talking about the sport of triathlon, so the following year I added biking to the mix and trained for my first sprint triathlon at Riverwood in April of 2007. One race and I was hooked! Over the past seven years, I have done many races, from sprint to half ironman distance, and have run several half and full marathons. My husband trains and competes in triathlons with me, and we have two kids, aged 11 and 13, who are competitive swimmers (and way faster than me). I am very excited to join such a talented team this year and look forward to another great season!

Brad Lawrence



My family and I moved to North Carolina just over a year ago and feel like we've finally found our home. With job that requires travel, 3 kids and my wife teaching our lives are very busy but somehow they continue to tolerate my relatively new passion with triathlon. Up until about three years ago, I strictly ran marathons/ultra-marathons, but since then I've competed in pretty much all distances, from Sprint to Ironman. 2013 proved to be an eye opening year for me, having placing first in my AG in a few races and qualifying for Ironman World Championships. I am very excited to join the TMS-IOS Team and look forward to learning and training with this elite group.

Mary Robbins

I am pumped to be part of TMS-IOS for 2014. Relatively new to triathlon, I did my first real race in 2011 and haven't looked back. I was a swimmer growing up and have quickly taken to the bike... running is a different story. 2013 was a breakthrough season for me, winning my AG and coming in 5th Amateur (with the fastest bike split!) at IM 70.3 Raleigh, as well as coming in 3rd overall in the Setup Events NCTS series. I am looking forward to another fun/fast year in 2014.

Liz Hall

I recently relocated to Chapel Hill from the great white north (frigid NH) in the Fall of 2013. 2014 will be my 18th season racing triathlons. Yes I started racing when we all wore it'sy bitsy bikinis instead of tri shorts (really). I love racing all distances...Ironmans are my favorite but just not possible for me every year. For the 2014 season I am focusing on the half IM distance or less and am so excited to experience NC racing as part of the TMS-IOS team!

When I am not training or racing I work as a retirement actuary in the RTP area and spend as much time as I can with my 2 awesome kids (10 and 8) who I continually try (even after the eye rolling) to convince to run, bike or swim with me.

Seth Long

My triathlon career started almost 10 years ago, which feels odd to say at 22. I haven't missed a season since, and am sometimes astonished that I still find swimming, biking, and running to be so exciting.

I moved to Raleigh this time last year from Iowa, excited to train and race in a little warmer climate. I've enjoyed exploring the pools, roads, and trails I get to train on since heading down south to the the land of the pines. Clearly the change in scenery payed off, as I had my best season yet, with great races at Azalea, White Lake Spring International, and Rev 3 South Carolina Half.

Next season I look to focus on the Half Iron distance in hopes of qualifying for the race in Mount Tremblant in early September. Most of all, I look forward to continue having fun with each race, reminding myself why I put in so much time to be able to do this.

2014 Race Schedule

If you happened to be planning a trip to any of these races, you won't be the only TMS-IOS athlete there!

MULTISPORT CALENDAR:

1/25 Key West Bone Island Half, Key West, FL

(Mary Robbins)

3/8 Azalea Sprint, Wilmington, NC

(Logan Cerwin, Gil Cukierman, Seth Long, William Krakowk, Robert VanGraafeiland, John Worden)

3/16 Tobacco Road Half Marathon, Cary, NC

(Nate Smith)

3/23 Columbia Downtown Triathlon, Columbia, SC

(Sara Larson)

3/29 Sampson County Super Sprint, Clinton, NC

(Zack Capets, William Krakow, Robert VanGraafeiland,)

4/4 USAT Collegiate Nationals, Tempe, AZ

(Logan Cerwin, Gil Cukierman, William Krakow)

4/6 Granite Falls Sprint, Rolesville, NC

(Seth Long, Kit Phillips, Mary Robbins, John Worden)

4/12 White Lake Half, White Lake, NC

(Seth Long, Kari Mayhew, Mary Robbins, Liz Skiba, Nate Smith)

4/13 White Lake Sprint, White Lake, NC

(Brad Lawrence, Mary Robbins, Cari Soleo, Robert VanGraafeiland)

4/13 Rock and Roll Marathon, Raleigh, NC

(Tara Wind)

4/19 IOS Olympic Triathlon at Beavertdam, Wake Forest, NC

(Sara Larson, Kit Phillips, Nate Smith, Dan Sullivan, Josh West, John Worden)

4/26 Arlington Place International, Arapahoe, NC

(Mary Robbins, Dave Williams)

4/26 Set Up Cup Championships, Arapahoe, NC

(Robert VanGraafeiland)

4/27 Arlington Place Sprint, Arapahoe, NC

(Mary Robbins, Robert VanGraafeiland)

4/27 Huntersville Sprint, Huntersville, NC

(Dan Sullivan)

4/26 Tarheel 10 Miler, Chapel Hill, NC

(Cari Soleo)

5/11 Carolina Beach Double Sprint, Carolina Beach, NC

(Mary Robbins, Robert VanGraafeiland, Dan Young)

5/17 Over the Mountain International, Kings Mountain, NC

(Logan Cerwin, Sara Larson, John Worden)

5/17 USAT Long Course Duathlon Nationals, Cary, NC

(Kari Mayhew, Kit Phillips, Liz Skiba, Nate Smith, Cari Soleo, Dan Sullivan, Josh West, Tara Wind)

5/17 Ironman Texas, The Woodlands, Texas

(Brad Lawrence)

5/18 Rev3 Knoxville Age Group Champs, Knoxville, TN

(Sara Larson)

5/25 Ironman Brazil, Florianopolis Island, Brazil

(Dave Williams)

6/1 Ironman Raleigh 70.3, Raleigh, NC

(Kory Gray, Sara Larson, Brad Lawrence, Kit Phillips, Mary Robbins, Liz Skiba, Seth Long, Cari Soleo, Josh West, Tara Wind, John Worden)