



Greetings and welcome to the Next Level Newsletter, Volume III, Issue IV, brought to you from the Great Ocean Road in Victoria, Australia!

Straight to Athlete News:

Apr 9 - Steve Vaughn conquers his first Ironman at Ironman Arizona
Apr 2 - Lamar Standish and Beverly Currin both take 2nd AG at the Tri America Clermont Sprint, Jay Small drops 6 minutes at the Olympic Distance
Apr 2 - Kathy Larkin runs her first 10 mile at the Cherry Blossom Ten Miler
Apr 1 - Doug Campbell PRs with a sub-3:10 at the Martian Marathon, taking 7th overall
Mar 25 - A big day at the Winter Park 10k: PRs set by Candice Pulliam, Jamie Doyle, Mike Napoli, Beverly Currin, and Sean McFadden
Mar 24 - Brianne Gaal takes 1st overall at the Run for Shelter 5k in Ybor City
Mar 19 - Shelly Laughlin takes 1st AG, Leslie Riguero takes 2nd AG, and John Hack takes 4th AG at the St Patty's Day Duathlon
Mar 19 - Stephanie Willet takes 2nd OA at the Disney 5k
Mar 18 - Greg Cardelli drops 4 minutes off his PR at the March Madness Half-Marathon

OSB Short Course Triathlon Training Camp, June 2-4, Clermont, FL

Join us for a weekend triathlon camp focused on Olympic and sprint distance triathlon training and racing techniques! OSB Head Coach Marty Gaal, 3rd overall at 2003 USAT AG Nationals, and Inside Triathlon's 2005 Amateur of the Year, Marc Bonnet-Eymard, will lead athletes during training and classroom sessions designed to help you learn how to train and race faster. 2005 USAT All-American Brianne Gaal will also be attending. All campers will receive a swim video analysis and entry into a sprint or Olympic-distance triathlon on Sunday, June 4. [Click here](#) for all the details.

Training ideas - Transitions:

Transitions are not a time to stop and smell the roses. A fast transition can be the difference between placing in your division and going home without hardware. There are a few simple rules to moving through transition quickly.

Practice. You should practice your actual transitions at least once every couple weeks. This can be as simple as setting up your bike outside your house and doing a quick bike-run change, or if you have a pool, a swim-bike change. Repeat the transition multiple times in a session and drill your weak points.

See it before you do it. It's best to know what order you're going to move in before you start moving. Here are a few ideas:

- Take your cap and goggles off as you exit the swim. Run, don't walk.
- For T1, Put your helmet on your aerobars, and your sunglasses in your helmet. Put your sunglasses on, then your helmet.
- Don't wear socks unless it's a half or full Ironman. Put a little Vaseline in the heel of your running shoe to make it easier to get on in T2.
- Have your bike shoes clipped into your pedals and learn to put your feet in after running out of transition and mounting the bike.
- Take your feet out of your bike shoes before entering T2.
- Don't stop to have a gel, a talk, a smile, or a pee unless you really need one.
- See each motion before you make it. Visualization. Use it.

Picture of the Month: The Twelve Apostles, Port Campbell National Park, Victoria, Australia



OSB Athlete Reports

Instead of listening to me ramble on in this one, we'll turn it over to a couple of OSB athletes. Doug Cambell recently PR'd with a sub 3:10 at the Martian Marathon, and Steve Vaughn finished his first Ironman at Ironman Arizona!

First up, Doug Campbell, 2006 Martian Marathon:

"I have IM Coeur D'Lane in June so I was looking for a spring marathon to get me into IM running shape. I found in a relatively local-to-me race in Dearborn Michigan last Saturday. Weather in this part of the world is sketchy at best in early April so I was prepared for anything. It turned out windy and mid 40's but, thankfully, dry. In any event, I was going to have my hands full in trying to better my PR from last year of 3:11:45. My training runs had been going well with many runs in the hills and a few

with my uber-running neighbor Rob (who won our local marathon last year with a time of 2:38!). I felt faster but I had the old nagging doubts that always pop up during taper week.

The race had about 1500 participants but only 320 or so were in it for the marathon. The rest were doing a 1/2 marathon.

The gun sounded and we were off. Straight into a stiff 20 mile an hour wind. The race course was a gentle rolling road they had closed for our purposes. I tried to use other runners for shields but I never could do so consistently. Unfortunately most were faster moving 1/2 marathoners. My first mile went by in 6:33 and I knew it was too fast to hold into that wind. So I slowed to a consistent 6:55-7:05 min/mile pace all the way to the 9 mile turn around. It was there that I saw Rob in the overall lead by about 50 meters. This gave me a boost and I did the u-turn and -finally- ran with the wind for a glorious 7 miles. It was here I think that I made my race. I ran by feel and was easily sub 7 for that stretch. I'm sure the wind helped but I was feeling pretty good as well. In addition, I saw Rob again and he was running step for step with his only challenger. Sadly, I turned again at mile 16.5 and headed back into the wind to mile 20. It was during this stretch that it started getting tough. I certainly did not relish grinding it out through the wind again but everyone had to do it so I put my head down and tried my best. To make matters worse my easy sub 7's turned into hard 7:30's for the next 3.5 miles. And, during this stretch, I was decisively passed by a big muscular looking guy. I tried using his big body to break the wind but I couldn't hang. I did, however, run down a guy who was really struggling. He had hoped for a 3:05 finish but the wind had done him in. I took some satisfaction in realizing that I wasn't alone in my suffering.

The 20 mile turn around finally came and once again I was with the wind all the way to the finish. By this time I felt like I was sliding into safety mode. I was no longer running aggressively but just trying to maintain good form. My times were in the 7:15-20 range now and I was praying for the finish. But, low and behold, who was I gaining on? Mr. Body Builder! I dropped him like a 200 year old oak tree and passed one more runner who had gotten me about 7 miles earlier. I was again buoyed by the fact that others were fading more than I. Oddly, it never occurred to me that I was running near the front of the pack. I was only thinking only about saving my sub 3:10 goal. As I looked around I was moving pretty quickly through the slower 1/2 marathoners. Passing anyone, no matter how slow, always gives me a mental boost. Finally I was inside one mile to go. My legs were burning like I had never experienced before. I reached an underpass that was within 200 meters of the finish. My friend Brian (who had completed the 1/2 earlier) was waiting and I was very grateful to see a friendly face. He paced me in and I nearly hyperventilated from joy that the pain was almost over. I saw the official clock turn from 3:08:59 to 3:09 and I knew I was going to make my goal. I finished in 3:09:10 (7:14 avg).

Officially I finished 7th overall and 1st in AG (after moving Rob out as overall winner....the Outlaws did some damage Saturday!!!!). I was very happy with my effort considering the conditions. It was 2 min and 35

seconds better than my marathon last year. And it is mucho satisfying that I still am making year to year gains especially since I turn 40 in a few months. I have high hopes for IM in June and hopefully there is a sub 3 hour marathon in my future at some point. Many thanks to Marty for putting together a schedule that worked wonders, Rob for some really good training runs and my family for putting up with it all! Thanks for reading."

Next up, Steve Vaughn, 2006 Ironman Arizona:

"On race morning, I woke up at 4:30am and had some breakfast consisting of a bagel with cream cheese and a banana. I also drank some Gatorade to help out with hydration. Off we drove down to the race site, my stomach feeling real funny, I stopped at a side street and immediately relieved my stomach of my breakfast. I guess I did not need it anyway, I decided to drink fluids the rest of the day. So we went down to the race and the buzz was great, the air was filled with anticipation. I put the wetsuit on and headed down to the water.

Swim- I jumped into the water and swam over to the start, seeding myself in the front and to the right. We wait for the national anthem. Then the cannon startles me and the race is on. About 30 seconds before the gun goes off I have a couple of swimmers get in front of me, I did not think nothing about it, just thought they were faster than me. The first 2 minutes was spent trying to get ahead of these swimmers and getting clear of the pack. I have never swam in a wetsuit and the new feeling was awesome. I felt like kicking was useless. I couldn't see the buoys, due to the rising sun. So, set my eyes on the bridge. I was trying to find some feet to draft off of but my line of sight was to the right of anyone.

At the turn around, I finally found some feet to draft off of but since I could not swim straight, I decided to take a straight line and not draft. After awhile I was passing the Sun Devil Stadium and wondering how many strokes it would take to get past it. After losing count, I started to wander around, not swimming straight, and decided to put my focus into finishing the swim. I felt that the swim was paced well but felt I was off my goal time of an hour, in fact I was telling myself that a 1:05 swim was still a great swim. Marty is always saying to relax and take what the day gives you. So it was up the stairs and the wetsuit peelers came up and quickly my wetsuit was off. I looked at my watch and it read a 55 minute swim- sweet. Into transition and out to the bike.

Bike- Marty has warned me to let the day come and to not get caught up in the excitement of the race where people will pass you.

The bike felt great and tried to settle into my pace. I was amazed at how fast some of these people were going and just kept my pace. The race was three loops. Loop one--going out to the Beeline, there was a headwind which slowed my pace down a little. At the turn around I was about 1:03 into the bike. Going back into town was great, with the downhill and the tailwind. On the second loop I was starting to feel good and noticed that going out to the turn around my pace was faster, due to the headwind shifting and giving a tailwind. I did not want to get out of my pace but was passing some people.

Lap three went okay but I stopped to rub my feet which were killing me. Going back down to the transition area my knee started to bother me and I could not go as fast as I wanted too. It helped to stand and stretch it out, which I did every couple of minutes. Going into transition it was real cool to see all the spectators cheering you on. Bike time 5:52

Run- the run started out well trying to get into the pace for the first couple of miles. My knee did not give me any problems yet. At mile 8 the knee was bothering me and started to do the run and walk bit. By mile 10 this was not working either. I decided that this was only going to be finished by walking and started to walk at a 14 min per mile pace. After a while this was too much and slowed to 15 min mile pace. The last loop was the hardest and was trying to hit a goal of under 13 hours. Soon the hip started to give way and walked a little easy to help it out. There was no way I was not going to finish. Down to the last mile and then down the finishers shoot and I finished. Run time 6:13.

Note: Steve went from a DNF at the 2005 Disney Half-IM to the title of Ironman at Arizona in 2006 despite a busy work schedule and arthritis of the knee. The lesson – excuses are for those who won't succeed.

That's all we've got this time, until next month!

Enjoy your sport,
Marty Gaal
One Step Beyond
A Joe Friel's Ultrafit Associate
osbmultiport.com
[Newsletter archive](#)

To unsubscribe from this newsletter, visit the Great Ocean Road and ride around a bit.