



Thanks again for reading this edition of the Next Level Newsletter, Volume II Issue VIII. I would put a bad joke here but the Florida heat wave melted my keyboard.

#### **In Athlete News:**

- Doug Campbell drops 15 minutes off his Steelhead Half-IM PR
- Kathleen Larkin drops 17 minutes off her River Cities Triathlon PR
- Shawn Johnson takes 3<sup>rd</sup> AG at the CFTS #3
- Tim Gensler drops 9 minutes at the Boulder Peak Triathlon
- Matt Thibodeau wins the Cazenovia Sprint Triathlon
- Coach Marty wins the Nature Coast Twilight Triathlon

#### **Richard's Run for Life:**

Last October, athletes on this email list helped raise more than 1,500 dollars for my favorite charitable organization, [Richard's Run for Life](#). Richard's Run for Life was established by Richard Gonzmart, owner of the [Columbia Restaurants](#) and Cha Cha Coconuts. Richard is a longtime supporter of running events, triathlons, and triathletes in Florida, and is a heck of an all-around good guy. The charity donates 100% of proceeds to the Moffitt Cancer & Research Institute, where funds are used to help fund research / treatments for cancer. You can read more about [Moffitt](#) here.

The major event held in conjunction with this charity is Richard's Run for Life 5k, which is being held on Friday, November 4<sup>th</sup>, in Ybor City, Tampa, FL at 6:30 PM. Please try to attend if you're in the area! All proceeds from the run are donated to Moffitt, and there is a most excellent party with food from the Columbia Restaurant afterwards.

It would be great if you all could help match or exceed the amount you helped me raise in 2004. Your pledge/donation can be accomplished in two ways:

- 1) Any set pledge amount of your choosing (as much as you'd like)
- 2) Based off my performance at the Ironman World Championships in Hawaii in October (this is the fun way to do it).

There will be 3 levels you can sign up for if you decide to make a pledge relative to my race in Hawaii. As you can imagine, this does create an incentive for me to get to the finish line as quickly as possible! Last year we pledged based off of the Great Floridian Triathlon, and your commitment

helped motivate me to hang on for a top ten overall finish on what turned out to be a pretty tough day.

Without further ado, the pledge levels for Ironman Hawaii are:

Pledge Level	Sub-10 hour Finisher	Sub-11 HR Finisher	I make it to the finish
Kona King or Queen Donor	\$500	\$250	\$150
Ali Drive Donor	\$200	\$100	\$75
Lava Legend Donor	\$100	\$50	\$30

*Explanation:*

For example, if you sign up as a Kona King (or Queen) Donor, and I finish the Hawaii Ironman in 9:59.32, you'll donate \$500 to Richard's Run for Life. If I have a rough day out there and finish in 16:52.12, you'll donate \$150.

If you would prefer to give a flat amount, just send me an email saying, "I'll donate \$100" (for example).

If you would like to commit to donating, at this time please only send me an email ([marty@osbmultiposport.com](mailto:marty@osbmultiposport.com)) with your name and donor level / pledge commitment. In October, I'll let you know how the race went and at that time you can go online to donate at [www.richardsrunforlife.com](http://www.richardsrunforlife.com).

This is a tax-deductible donation.

**Injury corner:**

**Courtesy of OSB athlete and orthopedic surgeon Dr. Sean McFadden:**

**Meniscus Injuries**

Knee Injuries in endurance athletes can be more difficult to understand and manage than those incurred during sports such as football, basketball or soccer. The injuries from ballistic sports can usually be attributed to a specific event or injury. Where this is sometime the case with endurance sports, it is more common for endurance athletes to complain of knee pain with no recognition of where and why. The causes of knee pain can be many, and for the sake of brevity we will focus on meniscal injuries.

**What is a meniscus?**

The knee joint is made up of three bones, the femur (thigh bone), the tibia (shin bone) and the patella (knee cap). The ends of these bones are covered with articular cartilage. This allows the bones to smoothly glide against each other without causing damage. The Meniscus is also a type of

cartilage and is the cushion between the femur and tibia. Each knee has two menisci one on the inside (medial) and one on the outside (lateral). The meniscus play an important role in absorbing forces, distributing weight and improving stability of the joint.

### **How do menisci injuries occur?**

The two most common causes of a meniscus tears are traumatic injury and degenerative or wear and tear processes.

Traumatic tears occur most commonly as a result from a twisting injury or a blow to the side of the knee. This causes the meniscus to be stretched and compressed. A football clipping injury or stepping in a hole and twisting ones knee are common examples of this injury.

Degenerative or wear and tear are a failure of the meniscus over time. The meniscus gradually weakens and becomes less elastic as a result may fail with only minimal trauma (such as getting down into a squat). Often there is no memory of any injury.

### **What are the symptoms of a meniscal tear?**

An individual with a meniscal tear will usually experience pain and swelling as their chief complaint. In addition to pain a swelling they may complain of locking or being unable to completely straighten their leg without pain.

The most common symptoms of a meniscus tear are:

- Pain with twisting, or squatting
- Swelling the day after the injury
- Feeling of "locking" and pain with straightening
- Pain with going up or down stairs
- Popping or clicking within the knee
- Joint line tenderness

### **How is a meniscal injury diagnosed?**

Your physician will perform a thorough patient's history and clinical exam. Any patient who has knee pain will be evaluated for a possible meniscus tear. A careful examination will help differentiate a meniscus tear from other knee injuries.

An X rays is often taken to evaluate the status of the bone at the knee joint and to help rule out the presents of any degenerative or arthritic changes. A MRI is commonly used to determine if a tear exists and the location of the tear.

### **How is it treated?**

Once the diagnosis of a meniscal injury is made, treatment will depend on the size of the tear and where it is located. Small tears are often treated conservatively with an initial period of rest, ice, compression and anti-inflammatory medication. If symptoms persist physical therapy may be prescribe to include acute injury management along with strengthening exercises. The injury must be carefully monitored for improvement. A return to a full range of motion and activities, including running, will be determine if any addition treatment is required. For large tears with more severe symptoms, and little to no results with conservative care, arthroscopic surgery is often the best treatment option.

## **Prognosis**

The prognosis for recovery is good. With a proper progression of physical therapy and sport specific training the athlete can return to full activity within 4-8 weeks.

If you think you have a meniscal injury or other sport related issues and need to be seen, call Dr. Sean McFadden at 407 381 8441.

---

## **Downtown Orlando YMCA Swimming:**

Going strong. Want me to tell you bad jokes and give you challenging swim sets? Check it out [here](#).

## **Ultrafit:**

I've been accepted to be an [Ultrafit](#) Associate and will be going through training with coaches Joe Friel and Tom Manzi on November 4-6. After that I'll be official. I believe this association and their collective experience will help me become a better coach for you as well as enable me to make a smooth transition to full-time coaching. I am very psyched about joining this organization!

## **Racing with Giants:**

I had the fortune to race with Dave Scott, Scott Molina, and Scott Tinley a couple days ago at the [Family Fitness Weekend](#) Coca Cola Classic Triathlon at Fort Desoto. It's pretty neat to be able to race against, and then sit down and talk with, the originals in our sport. It's evident they continue to enjoy racing, training, and meeting new people. Dave Scott, at 51, won the overall race, while Molina took third. I had the pleasure to cross the line with Scott Tinley, whom I admire greatly for his writing talent and unconventional outlook on life in general. Hopefully someone got a picture!

## **OSB Racing Gear:**

If you'd like to get yourself into some OSB racing gear, I recommend you check out the [Desoto Sport](#) line of products. You can see what the sprint top and shorts look like [here](#). The zip tri jerseys with the OSB logo also look pretty sharp. This gear will increase your coolness factor by 14% and make you much better looking. And smarter. And faster! J The shop I'm working with can print pretty much any of the Desoto gear, so pick whatever you would like to race in. But, in order to make this order manageable, I need you to:

1. Send me an email with the specific type of gear and size(s) you want to order (note the prices please). If you want to order something other than Desoto, order it yourself and send it to me (email me for mailing address).
2. Send me an electronic payment for the gear [here](#) by September 20.

If you're a current or past OSB athlete, I'll take care of the printing and shipping. If you're a non-OSB coached athlete, please add on 5% to the total Desoto price for shipping.

I need all orders by September 20, I won't be able to order the gear without a pre-payment.

I could blabber on but it'll have to wait until next time. As always, be safe and have fun!

Enjoy your sport,  
Marty Gaal  
One Step Beyond Multisport Coaching  
[Newsletter archive](#)  
[www.osbmultisport.com](http://www.osbmultisport.com)

To unsubscribe from this newsletter, smile at the finish line.