



Greetings and welcome to the *Next Level Newsletter*, Volume II Issue XII, the Quit My Job Special Edition!

My wife and I have made it official – we’ve both turned in our resignations from our ‘day’ jobs and are celebrating the occasion by going on an extended overseas trip. We leave January 4, bound for Australia via Hong Kong and the Philippines. Current plans are to set up shop in the Sydney, NSW area with side trips to see Tasmania, the Great Barrier Reef, and New Zealand. We’ve found a number of triathlons and other races to compete in while down under!

My good friend and OSB art director, Bill Payne, has made a cool movie to commemorate the occasion: martygaal.com/trippin06. Bri and I will be keeping a detailed travel log so check back every now and then! To see more of Bill’s work, visit his website at billpaynedesign.com.

Of course, I will continue to be a coach, and Bri is going to take over a number of the business duties of One Step Beyond. She will be the one asking for your dough! ☺

I’ve set up a Skype phone/chat account - user name is martygaal, you may want to make a note of it.

We’ll be back stateside in June and plan to see a bunch of neat places, visit OSB athletes around the country, and of course, compete in a few triathlons.

In athlete news:

- Doug Campbell took 3rd overall in a 50k Ultramarathon outside Chicago a few weeks ago
- Tim Gensler competed in the Chilly Cheeks Duathlon (Colorado) yesterday, race description: *Temp 14 degrees, slight wind, snowing*
- Candice Pulliam PRs the West Palm Beach Half-Marathon
- Jay Small PRs the OUC Half-Marathon
- Jeff Brady PRs the OUC Half-Marathon
- Mike Napoli PRs the OUC Half-Marathon
- Bri Gaal beats Coach Marty by 3 seconds at the OUC 5k

Powerstroke Triathlon Swim Clinic

The First Powerstroke Clinic went very well! Age group world champion Marc Bonnet-Eymard joined us to assist with stroke demonstration and technique coaching.

Here’s a bit of the feedback we received:

"For a 4 hour clinic it was just right. It moved along quickly, was interactive and addressed itself to the level of the group. My opinion.....you should charge more. I've been to many clinics which were shorter, less organized and not as informative for more money."

"First let me thank you for giving up some of your time this past weekend to help all of us with our sport. I had a wonderful time and feel that this clinic has given me so many tools with which to greatly enhance my triathlon experience."

"Giving us that CD I think was above and beyond what you guys had to do to make it worth our while. I can't tell you how valuable it will be to have a tangible workout plan for every time I visit the pool and more."

"I really liked the part where Marc was in the pool demonstrating and Marty was explaining. I learned a lot from that."

The next Powerstroke Clinic will be held sometime in the summer, 2006.

YMCA Swimming

The group will continue to meet on Tuesday and Friday mornings at the downtown YMCA at 6AM, and Debbie Darr will be taking over as group leader and point of contact. I'll continue to send a weekly email to the list with 2-3 workouts. We had a great Holiday Happy Hour last night, and it has been great working with everyone this year!

OSB Olympic Distance Triathlon Camp, Summer 2006

OSB will host a sprint and Olympic distance focused triathlon camp the weekend of June 2-4, based out of the [National Training Center](#) in Clermont. The camps will conclude with your choice of a sprint or Olympic distance race on Sunday, June 4th. I will be posting more details on the website in the next few weeks, so if you've been thinking about a getaway weekend in the first part of the season, this is it!

Quick Training Tips:

Change your running shoes every 300 miles or so
Now's the time to get that bike tune-up you've been putting off
Strength training is good for ya
TV time is good stretching time
Don't forget your [running drills](#)
Eat your fruits and veggies
Have fun with your training and racing

Happy Holidays and New Year to everyone, thanks again for helping us make our dreams reality!

Enjoy your sport,
Marty Gaal
[One Step Beyond Multisport
newsletter archive](#)
a Joe Friel's Ultrafit Associate

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