



Greetings and welcome to the Next Level Newsletter, Volume V, Issue I. January, 2008!

**In Athlete news:**

- Craig Dobson wins the Deleon Springs half-marathon
- Keith Robinson takes second clyde at the Deleon Springs half-marathon
- Debbie Darr defends her Run 5 4 Beers title
- Bri Gaal takes second at the Little River Run 5k trail run

**OSB Cary Masters Swimming – Cary, NC**

Practices are held Monday, Wednesday, and Friday mornings from 6-7 AM at the Triangle Aquatic Center. Dues are \$45 per month and include entry into the facility. For all the details, [click here](#).

**OSB Winter Break Training Camp – Clearwater, Florida  
February 20-24, 2008**

We're getting psyched for a few days on the beach in February! We have a handful of spots left for the camp. Come on down for a few days of cool weather training on the West Coast of Florida in February, 2008.

We will be using multiple designated greenways for our long rides, and swimming and running on the beach or at local facilities. We're offering a five day version (Wednesday - Sunday) and a three day version (Friday - Sunday). [Click here](#) for the full description.

**Powerstroke Triathlon Clinic, April 19, at FITniche, Lakeland FL**

Join us on April 19 at the [FITniche](#) specialty fitness store in Lakeland, Florida! This seven hour triathlon clinic will include a Powerstroke swim practice with open water swimming techniques, a running drills session, and three lectures related to triathlon training. Lunch and a CD of camp materials are included. Cost is \$85 for OSB athletes and return attendees, \$95 otherwise.

[Click here](#) to register today!

**Training Tips – Picking a race that suits your strengths  
[Coach Marty Gaal](#)**

We all have our strengths and weaknesses. Some athletes excel in the heat, while others excel in windy and hilly conditions. Some may even like freezing weather!

In the quest for excellent performances, it is appropriate to take into consideration the conditions each race will present. Some races will be extremely hot, while others will be relatively mild. If you know that you don't do well in the heat, then it's probably not a good idea to make your key race of the season an Olympic distance race in Central Florida in July. While traveling across the country may not always be a realistic option just to do a race, if you are serious about your training you'll at least plan accordingly. A few ideas:

Dislike the heat

Key races for the spring and fall  
Short races & maintenance during the summer

Like the heat

Key races in hot and oppressive places like Florida and Arizona in July  
Pick championship races as above

Strong, light cyclists

Difficult (hilly) cycling courses  
Long cycling legs

Strong, heavy cyclists

Windy cycling conditions  
Flat courses with shorter runs

Strong swimmers

Open water events with a high probability of choppy conditions  
Long swim courses

Powerful runners

Off-road and hilly or twisting run courses

Quick (light) runners

Flat, straight run courses with easy bike courses

Enjoy the cold

Anything during the winter or up North during the summer!

## **Top 5 Super Foods for Athletes**

By Jennifer Patzkowsky

A good nutrition plan is important for fueling the body and investing in overall health. However, nutrition is the most commonly overlooked component in an endurance athlete's training program. Many athletes become concerned about nutrition weeks or days prior to an event, but nutrition is an important part of their training year round. A good nutrition plan supports training so that you are able to train efficiently and effectively and improve your health and performance. As you shape your diet, include these foods for optimal energy.

### Oatmeal

Oatmeal is a heart-healthy whole grain packed full of good carbohydrates – the most critical energy source for athletes. Oatmeal maintains your energy for a longer period of time during your workout and curbs appetite by slowing the absorption of glucose into your bloodstream. Oats are also a good source of B vitamins, important for athletes as a source of energy.

\* *Quick & Healthy*: Mix plain oatmeal with milk and add a handful of nuts or seeds and dried or fresh fruit. Toss it in the microwave and cool off with a splash of milk before eating.

### Yogurt

Yogurt is a well-known source of calcium, which supports healthy bones and reduces the risk of osteoporosis. But did you know that calcium also plays a role in muscle metabolism? If you're feeling zapped of energy during your workout, consider looking at your intake of calcium to see if you are meeting the recommended levels. If not, try adding some yogurt to your breakfast, lunch, or snack. Rich in Vitamin B-12, this super food also helps athletes prevent fatigue.

\* *Quick & Healthy*: Sweeten plain yogurt with your favorite fruit and top with nuts and seeds for a quick snack before or after your workout.

### Blueberries

This miniature super fruit is chock-a-block full of nutrients and is the star of the show when it comes to antioxidant properties. Antioxidants can help to reduce oxidative damage to cells resulting from free radicals produced during periods of strenuous activity. Nutrients in blueberries may also promote healthy blood pressure. These super foods contain Vitamin C to support your immune system, and are a source of energy-enhancing carbohydrates and fiber to help sustain your energy and keep you in the game.

\* *Quick & Healthy*: Blend fresh or frozen berries into your favorite smoothie or top up your morning breakfast cereal.

### Sweet Potatoes

Sweet Potatoes may not be your typical vegetable of choice for dinner, but you might want to start making these nutrient-dense super foods a staple. Sweet potatoes contain more of the antioxidant beta carotene than any other fruit or vegetable. They are also a source of Vitamin C and one of the only fat-free sources of Vitamin E. Of course, Vitamins C and E both have antioxidant properties and aid in muscle recovery among athletes. Last, but not least, sweet potatoes are an excellent source of iron, which is important in oxygen production for athletes during a workout.

\* *Quick & Healthy*: Bake, grill or microwave these nutritious super foods. My favorite way to prepare them is by making sweet potato fries. To do this, cut them in to thin slices, place on a baking sheet, drizzle with a little bit of olive oil and garlic and roast them in the oven.

### Salmon

Salmon is a source of high-quality protein, iron, and Vitamin B12 – which is important for optimal athletic performance. It also contains omega 3 fatty acids. The nutritional fats found in salmon have been shown in epidemiological and clinical trials to reduce the incidence of heart disease. Recent studies have also indicated that omega 3 fatty acids may be beneficial to intestinal health. In addition, omega 3 fatty acids may have anti-inflammatory effects, protecting against conditions such as arthritis. It's no wonder salmon and other fatty fish have been touted as super foods!

\* *Quick & Healthy*: Consider fish a healthy fast food that can be a beneficial addition to your meal in just 10-15 minutes by poaching, baking, grilling or microwaving it with your favorite herb. Add canned salmon to your sandwich or salad for a nutrient dense recovery meal.

Jennifer Patzkowsky, MS, RD/LDN, is a competitive endurance athlete who provides nutritional counseling and meal planning to athletes and people interested in improving their health/fitness. For more information on her services, please contact her at (863) 513-2635 or [floridardld@hotmail.com](mailto:floridardld@hotmail.com).

### **One Step Beyond Action Wear**

If you'd like to show off the OSB colors, check out our new [Café Press Merchandise store](#). Everything you need to be the coolest kid on your tri team.

### **Ready for coaching in 2008?**

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Coach Melissa Hall](#)

[Coach Brianne Gaal](#)

See you on the road!

Enjoy your sport,

Marty Gaal

One Step Beyond

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