



Greetings and welcome to the Next Level Newsletter - Volume V, Issue III. March, 2008!

In Athlete news:

- Kathy Larkin & friend win the relay division at the Virginia Duathlon
- Karen Crews PRs at the ING Georgia Half-Marathon
- Kerry Troester wins the Master's State Championship at the Inside-Out Sports Classic Half Marathon
- Bri Gaal wins the Smithfield Sprint Triathlon
- Duncan Rougier-Chapman takes 3rd masters at the MAP Triathlon
- Kerry Troester takes 3rd overall at the Cary Long Course Duathlon
- Karen Crews PRs at the Azalea Sprint triathlon
- Kerry Troester takes 2nd Master (5th OA) at the Azalea Sprint tri
- Tim Gensler takes 2nd OA at "That Dam Run" 5 miler

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!

**OSB Blue Ridge Mountains Summer Camp – Lake Logan, North Carolina
August 18-24, 2008**

Join us for a scenic triathlon training camp in the beautiful Blue Ridge Mountains of Western North Carolina! One Step Beyond campers will stay at the Lake Logan Episcopal Center in Canton, NC. The Episcopal Center is located on pristine Lake Logan and offers 300 acres of privacy and mountain solitude, with summer temperatures in the low 80s.

Cycling access to the Blue Ridge Parkway is just a couple miles away, and the surrounding state and national parks offer extensive hiking/running trails. Historic Asheville and Waynesville are both just twenty minutes away. This is going to be a great summer getaway for outdoorsy types. [Read all the details here.](#)

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](#).

The Early Season [Coach Brianne Gaal](#)

Here we are, late March and on the cusp of the triathlon season! Although some of you may have already snuck in a race, for most us our season is still upon us. How are you feeling? I'm beginning to notice that there are several different places you can be in right now, all with positive and negative aspects. Here are three:

I Wanna Race!

You are very excited to get out there – you absolutely can't wait to toe the line! This seems like a great scenario and for those of you who have an A race right at the beginning of the season it is a good place to be in. However, don't fall into the trap of racing your training just because you're feeling so good. For a lot of us, this is a long season and there's no reason to win the workout in March. Stick to your plan and keep a long term outlook.

I Think I'm Missing Something...

Oh yeah, it's my motivation! Where has it gone? I just can't seem to get into my training right now. I don't feel like pushing super hard yet, and sometimes I don't feel like doing anything at all! Why am I having so much trouble finding my fire? Don't worry! Again, this sport has very long seasons, and even though you may think you had taken enough downtime last year, perhaps years of racing has added up to mean you need a more extended break. You'll find your motivation again – you just may need to reevaluate your goals for the season. Don't beat yourself up over this. Maybe you need a change of scenery or a destination race that will get you going. Remember, this is for fun. Have some fun and before you know it you'll find that mojo again. In the meantime, don't worry about.

Keeping Up With The Jones's

I definitely fall victim to this one! Hearing or reading what other people are doing can really play with your mind and make you doubt yourself and your training. In the internet age, the plethora of blogs out there with people detailing every workout they do can sometimes be just a little *too* much information. Don't let what other people are doing affect YOUR plan. Just because Timmy Trainstoomuch is doing 100 mile bike rides and 50x100 leaving on the 1:20 does not mean you should be! It is way too easy for us to compare ourselves to others and then become disappointed. Self doubt is a killer (in more areas than just triathlons). If you're really concerned, talk it over with your coach or a close friend who understands.

Here's to a great racing season full of fun, laughter and of course, a little bit of hurt!
See you all out there!

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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