



Greetings and welcome to the Next Level Newsletter, Volume III, Issue XI. The spring into Fall edition! There's lots going on these days, so let's go -

**Straight to athlete news:**

- Julie Wisdom, Debbie Darr, and Beverly Currin conquer their first Ironman at Ironman Florida
- Luc Villemain PRs at Ironman Florida
- JD Strickland takes 6th AG at the Great Floridian Triathlon
- Brian Fitzsimmons takes 3rd AG at the Miami Man International Triathlon
- Alex Jones takes 3rd overall at the Bermuda National Duathlon Championship
- Doug Campbell runs a new half-marathon PR
- Mike Napoli PRs at the Chicago Marathon
- Chris Scott takes 3rd AG at the Clermont Super-sprint
- Sean McFadden finishes his first Half-IM at the Florida Challenge Triathlon
- Brianne Gaal takes 2nd female overall at the Old Reliable 5k
- Coach Marty wins his AG at the Old Reliable 5k

**Coach Melissa's news:**

- Scot Milne runs a recent year PR at the Celebration Health Founders 10k
- Scot also ran a great race at the Army 10 Miler last month!
- Todd Barczak PRs at the Miami Man International Duathlon

**OSB Powerstroke Triathlon Swim Clinic, Clermont, FL - January 13, 2007**

We'll be hosting our fourth Powerstroke Triathlon clinic on Sunday, January 13, 2007 at the National Training Center in Clermont, FL. This seven hour clinic will include group practice with the principles of Powerstroke, running form and drills, and cycling skills. We will also host three lectures on subjects related to training and racing. Attendance is limited to twenty athletes. Price: \$85 for return attendees and OSB clients, \$95 otherwise. [Click here for all the details!](#)

**OSB-BodyZen Spring Break Training Camp, Clermont, FL - March 9-11, 2007**

We're once again teaming up with [BodyZen Multi Sport](#) to host the 2007 Spring Break Training Camp in Clermont, FL! Join us from March 9 to March 11 for three days of fun, training, and racing, with five certified coaches on hand. OSB is also offering six spots for a two-day supplement prior to the camp for those of you looking for a longer training vacation. The camp will conclude with Florida's Great Escape Triathlon at Lake Louisa State Park in Clermont, FL. [Please click here](#) for all the details!

**OSB-Runner's High 'n Tri Triathlon Camp, Chicago, IL - April 23-24, 2007**

We're happy to announce this one! OSB is teaming up with the crew at Runner's High 'n Tri, a running and triathlon store in the greater Chicago area, to offer a two-day camp offering group training and classroom based discussions. [Please read about this one here!](#)

## **Florida's Great Escape Triathlon Training Program**

One Step Beyond is the official provider of training programs designed specifically for the Florida's Great Escape Triathlon on March 11, 2007. The program kicks off on December 4 and costs \$120 total, or can be pro-rated at \$10 per week. [Please click here for all the details!](#)

## **Melissa Hall's Training Tips – The Multi-faceted Role of Massage in Training**

This is the second part in a three part series on massage:

### The Importance of Circulation

When you think of blood what comes to your mind? As a sports massage therapist, the following things come to my mind: oxygen transfer, nutrient delivery, and waste removal. Our blood accomplishes amazing things for us. It is truly our life "juice". Without circulation of blood, our tissues become necrotic – they die. Our arterial system brings us blood that is freshly supplied with oxygen from our lungs. It is pumped by our heart down into the smallest of all vessels, the capillaries. Here is where the magic transfer takes place. Your blood brings your tissues wonderful things: oxygen, glucose, electrolytes. And, in return, accepts all the metabolic waste products and carries them away. Imagine what would happen to your performance and recovery if your circulation was compromised...

To read the full article, please [click here!](#)

## **Training Tips – Trail Running**

Now may be the time of year when, on your daily morning run around town, you stop and ask yourself, "Haven't I seen enough of this course?" That's a sign - it's time to head out and get off the roads! Fall is a great time of the year to make your way to the local off-road trail for some fun in the forest. Here are a few tips as you get going on your trail running adventure:

Wear sturdy shoes or specific trail running shoes. Some light-footed & experienced folks may be able to get away with regular trainers, but most of us will find we need additional stability support & slick-proof protection when hopping over roots, rocks, and mud puddles. Don't get hung up on the additional weight that comes with a trail running shoe – a broken ankle will slow you down much more.

Run to your ability. Experienced trail runners can handle moving along quickly because they have practice with maintaining their balance, dealing with uneven footing, shifting body weight, and other hazards you will encounter. If it's your first time on the trail, slow down and enjoy yourself.

Keep your eyes on the trail. Looking away for even a moment could be the difference between a smoothly executed ballerina leap over a log, or a faceplant in the mud. Just because you're talking to your running partner doesn't mean you have to make constant eye-contact. This isn't a business interview!

Don't run alone. While the odds are low that someone or something will happen to you, it's possible. Always try to run with a partner. Women in particular need to be careful when exercising in remote wooded locations, as does anyone with a history of health problems. There are plenty of running groups in all parts of the world, and virtually all will be happy to put you in touch with groups of like-minded athletes.

Know the course or run with someone who does. Have you ever found yourself two hours into a run, miles from your car, without food or water, wondering how to get

back? Well, let me tell ya, it's not a fun place to be! Memorize the trail markings that most parks use, or bring a map, compass, and supplies with you. Again, don't overextend yourself – stick with simple, well-marked trails until your experience in navigation and terrain analysis gives you the confidence to tackle the big stuff.

Stop and enjoy the view! The great outdoors is a wonderful place to be, and many trails will lead you through some breathtaking scenery. As your coach, I give you permission to let your heart rate drop for a moment, and take in those wonderful sights. ☺

See you around,

Enjoy your sport,

Marty Gaal

One Step Beyond

[www.osbmultisport.com](http://www.osbmultisport.com)

a Joe Friel's Ultrafit Associate

[newsletter archive](#)

OSB Athletes are sponsored by *Loco Motion: The Bike Shop*, *Wheelbuilder.com*, *Trainingpeaks.com*, *Computrainer*, and others.

To unsubscribe from this newsletter, help me rake all the leaves in my yard. They won't stop falling!