



Greetings and welcome to the Next Level Newsletter, Volume III, Issue X. Live from our new headquarters in Cary, North Carolina!

Straight to athlete news:

- Oct 14 - Mark Procheska PRs at the Baltimore Half-Marathon!
- Oct 8 - Michael Jenkins PRs at the Taste of Disney 10k!
- Oct 8 - Kathy Larkin battles the crowds at the Army 10 miler!
- Oct 8 - Alex Jones takes 4th OA at the Bank of Bermuda Triathlon!
- Oct 1 - Sean McFadden wins his AG at the Health First Olympic distance tri!
- Oct 1 - Judy Nealon takes 4th AG in her first Olympic distance at Health First!
- Oct 1 - Beverly Currin and Candice Pulliam PRs at the Health First Olympic Tri!
- Sep 17 - Brian Fitzsimmons PRs and takes 3rd AG at the Westchester Olympic Tri!

OSB Powerstroke Triathlon Swim Clinic

Our clinic on October 8 went very well. Here's a bit of the feedback we received:

"... The structure was flexible, personal, and Marty really can speak to the average triathlete."

"I really enjoyed the swim drills. The bike fit was also very beneficial."

"I liked the overall combination of on-hand swim practice, class sessions, some individual attentions with the bikes and the socializing on the after class biking."

"The Powerstroke swim session - I have no formal swim experience, so this was great for me. Perfect size, I had plenty of 1on1 time with you guys, and I was able to eavesdrop on other mini-coaching sessions."

Our next one-day clinic will most likely be held in January, 2006. Stay tuned!

OSB Spring Break Weekend Camp

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. We will also offer a five day option for those of you looking for a longer training vacation (like we are). The camp will conclude with Florida's Great Escape Triathlon at Lake Louisa Park. [Please click here](#) for all the details!

Athletes – 2007 Roster Openings

Have you been debating hiring a coach to help you meet your athletic goals? Now's the time! [Coach Marty](#) has four open spots for the 2007 season, and [Coach Melissa](#) has three open spots. Don't wait too long to secure your place on the roster!

New OSB Assistant Coach – Brianne Gaal

Brianne recently attended the USA level 1 clinic in Colorado Springs and is in the process of becoming a certified triathlon coach. Brianne will be able to begin accepting athletes in January, 2007!

Picture 1 of the month: Mike Napoli outlasts the Disney Triathlon



(Mike had something sharp scratch his cornea during the swim – he still finished the race!)

Brian Harrington, USAT FL Rep

Congrats to Brian Harrington, who won the USAT FL regional representative spot! Brian will continue to do a great job providing a voice of reason and setting standards of excellence in our favorite sport.

Picture Two of the Month: Brugge, Belgium



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

This will be the first article in a 3 part series on massage:

Athletes seek massage for many different reasons, to: relieve soreness, reduce recovery time, increase performance, prevent or recover from injury, and retain balance in the body's energy systems. Whatever your competitive level, massage is beneficial and should be a regular part of your optimal training plan.

A Physiology Lesson

Exactly how does massage work? Massage works in so many ways, it would be beyond the scope of this paper to explain them all. Not to mention, science is still discovering all the ways in which massage brings healing to our bodies. The intention of this article is to explain some of the major benefits of massage to the circulatory and musculoskeletal systems...

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

Training Tips – The Off Season:

It's that time of year when many of us begin to consider some serious down time before gearing back up for the next season. A few weeks of easy activity is very good for the body. During a tough training cycle minor physical issues can be held at bay. The off-season allows time for the body to rest and repair before launching into the next cycle.

For most age-group athletes, the winter off-season should last no less than two weeks and no more than two months. You don't want to get too lazy. Your lifestyle and

goals will dictate how long this period should be. Those of you with higher aspirations will in general want to take less total 'downtime' than those of you who are in it for fun and fitness.

Mentally, the off-season is a must for all. Even the most focused athletes on the planet need a few weeks to decompress and forget about the pressure they place upon themselves. Downtime is a key component of any serious athlete's lifestyle.

There is nothing wrong with enjoying a walk in the park, going a mountain bike ride with your buddies, or heading out for a weekend ski session in the Rockies. These are all great outdoor activities that will keep you healthy and fit.

A few keys to healthy off-season training:

- Keep it fun
- Change the scenery – Go do something you don't normally do. Be flexible.
- Stay active but don't 'train.' Take yourself off the plan.
- Eat healthy – adjust your calorie intake to account for less volume of training. But please, don't obsess about it.
- Keep it fun!

Until next time,

Enjoy your sport,

Marty Gaal

One Step Beyond

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