



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue X. OSBtoberfest!

**Straight to OSB athlete news:**

- Sue Sotir PRs wins her AG and PRS by 2 minutes at the Westwood Boosters 5k
- Candice Pulliam and Dave Tatersall (3<sup>rd</sup> Clyde) PR at the Florida Challenge Triathlon
- Debbie Darr takes 1<sup>st</sup> AG at the Florida Challenge Triathlon
- Joy von Werder finishes Great Floridian Iron-distance triathlon, her first, **one hour faster** than goal time
- Chris Scott takes 2nd AG at the Clermont Supersprint
- Mike Napoli survives the blistering Chicago Marathon
- Kathy Larkin PRs the Army 10 Miler on a sweltering day
- Lisa Jefferson runs the Koln (Cologne, Germany) Half-Marathon
- Sean McFadden takes 3rd AG at the Health First Olympic Triathlon
- Debbie Darr takes 1st AG at the Health First Olympic Triathlon
- Keith Robinson finishes his first Olympic Triathlon at the Health First in Melbourne
- Steve Vaughn takes 2nd overall at the Moss Park Olympic Triathlon
- Chris Scott takes 3rd AG at the Moss Park Sprint Triathlon
- Danny Wardeh takes 2nd overall at the Moss Park Sprint Triathlon
- Bri Gaal takes 3rd overall at the Pinehurst Triathlon
- Kathy Larkin PRs by 16 minutes at the Nations Triathlon in DC
- Steve Vaughn PRs by 6 minutes and Keith Robinson PRs by 4 minutes at the Miracle Miles 15k
- Bri Gaal takes 2nd OA and Coach Marty takes 5th at the Wilmington YMCA Triathlon
- Tara Tobias takes 3rd overall at the Walt Disney World Olympic Triathlon
- Chad Rucks takes 3rd Clydesdale at the Atomic Man Half Triathlon

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

**October 29 onwards**

We're starting a master's team here in Cary! Practices will be 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 Powerstroke Clinic, Cary, NC**

**December 8 or 9, 2007**

I'm working out a time and facility for a half-day Powerstroke swim clinic here in Cary on either Saturday, Dec 8 or Sunday, Dec 9. Please keep an eye on the website for details.

**OSB Winter Break Training Camp – Clearwater, Florida**

**February 20-24, 2008**

We're getting psyched for a few days on the beach in February! Clearwater Beach and the surrounding areas have something for everyone. Come on down for a few days of cool weather training on the West Coast of Florida in February, 2008.

We will be hosting a long distance training camp based out of the Clearwater Beach area, using multiple designated greenways for our long rides, and swimming and running on the beach. We're offering a five day version (Wednesday - Sunday) and a three day version (Friday - Sunday). [Click here](#) for the full description.

### **Training Tips – Time Off**

[Coach Marty Gaal](#)

For many of us, the 2007 triathlon season is in the books. A few of you have some late season races yet to come. After your last race, it's high time to relax. It's always good to take a few weeks of unstructured, easy training and allow your body to heal and your mind to recover. Here are a few tips:

- Take at least a couple weeks of very light, unstructured training. If you feel like skipping a workout, do it. No pressure.
- Hang out with friends and family. Read a book. Go to a movie. Do those things you've put off all season. Have some fun.
- Check out some different types of activities. Take up Yoga, or Pilates, or do a kickboxing class. Go ride a mountain bike. Do some hiking. Stay active, but stay relaxed.
- Keep your HR low during 'normal' training sessions. No hammering!
- Start thinking about your goals for 2008. Reflect on this season. What went well? What didn't?
- Relax. Enjoy yourself. Don't stress about your bike mileage for a while. In fact, don't stress about anything if you can manage it. ☺

### **Training Tips – What I've Learned**

[Coach Brianne Gaal](#)

- Trying to hop off your bike at too fast a speed will result in a very embarrassing scene involving gasps and then silence from the crowd of spectators
- It's hot and it hurts. Deal with it. You are tough.
- Vaseline is VERY useful
- Don't give a driver the benefit of a doubt - they will turn in front of you and it will be a shock to run into them
- Tan lines are only cool around other triathletes. The rest of the population thinks you look like an idiot.
- My feet do not like cute shoes. My feet like big, clunky, orthopedic shoes. My feet are not trendy.
- The run is going to hurt no matter what - so push harder on the bike.
- Do whatever it takes to stay with that swim pack
- It's hilly and I'm tired. Deal with it. You are tough.
- Trying to put my shoes on while on the bike is something I need to practice about 1,000 more times before I do it in a race
- Don't look back - the finish line is ahead. There is nothing back there for you - look forward.
- Oooh, there's a camera, straighten up and smile.
- I will always feel better about a race if I know I pushed as hard as I can, so keep going and keep pushing. No regrets.
- Starting with all men 34 & under is not something I want to do again anytime soon
- Deep into a long race - pretend you're back in college and take that gel like a jello shot. It will go down much easier.
- I am out here doing what I love - enjoy it! But keep pushing! ☺

## **Nutrition tips – Mindless Eating**

By Jennifer Patzkowsky

I attended the American Dietetic Association conference recently and had the opportunity to hear Brian Wansink speak. Now most of you probably haven't heard of Brian but I bet you have heard about his research. Have you ever found yourself eating stale popcorn? You just kept eating even though it tasted bad. In one of his famous studies, Brian observed this behavior. He fed movie-goers free stale popcorn and they ate it even though they just had lunch. He arranged for a movie theater to announce "everyone gets free popcorn and soda today because it is "Illinois History Month." The movie-goers were given five-day old popcorn. Yet, even though the popcorn tasted bad, they still ate 35 percent more when they were given a big bucket of popcorn compared to a smaller bucket.

In his new book, [Mindless Eating](#), Wansink, a food psychology professor at Cornell University, explains why we eat with our eyes and not with our stomach, and how this can affect our weight. He has conducted several research studies on mindless eating. His studies show that the average person makes around 250 decisions about food every day – breakfast or no breakfast? Pop-tart or bagel? Part of it or all of it? Kitchen or car? Yet out of these 200+ food decisions, most people cannot really explain them. *Mindless Eating* shows what these decisions are and how to make them work for you rather than against you.

So what pearls of wisdom can we take from this observation on human behavior? If you want to drop a few pounds, a simple way to cut calories is to buy smaller bowls, plates and also glasses. Also, you'll drink less if you pour your beverage into a tall, thin glass compared to a short fat glass. And you'll eat less pasta if it's served from a small dish rather than a large platter. Finally, consider the concept of 20 percent less. If you dish out 20 percent less than you think you might want, you probably won't miss it.

Diets don't work because invariably we deprive ourselves. When we deprive ourselves, we are just setting up ourselves for failure. Think about it, if you tell yourself I won't have chocolate for a month, you automatically crave it. If you just cut back and still enjoy food, weight loss won't be such drudgery. It won't be 10 lbs in 10 days, but it will eventually come off.

The best diet is the one that you don't even know you're on.

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).

### **OSB Forums**

We had to reload our forum, but come on in! Join our [flame-free discussion forum](#) here. All athletes are welcome.

### **Ready for coaching in 2007?**

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  
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