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Tomato Pesto Whole Wheat Penne



In photo after photo, Tamara Lackey Studio photographer Jessi Blakely captured the proud and beaming faces of the bold and vivacious Ramblin' Rose women at the 2010 Charlotte and Chapel Hill events. Children and husbands joined in and held up their signs of support for their sisters, moms and grand moms who painted their picture of strength and empowerment on the Ramblin' Rose canvas.

As the editor of *Endurance Magazine* and a Ramblin' Rose team member who has been with the race since its inception in 2006, I was happy to see Jessi capture on camera what I have been witnessing at races for the past five years: the joyous feeling of achievement on the faces of new triathletes. More importantly, caught in these photos is something unique to Ramblin' Rose among other triathlons: the endearing and nurturing attitude that exists between training partners, athletes and coaches.

Whether drawn to the Ramblin' Rose by approaching middle age, divorce, health, an empty nest, loss of a parent, or simply a desire

to try something new, many women undertake the endeavor side by side with a training partner or training partners. In some cases, that partner is a daughter who will inevitably develop a positive sense of self that runs deeper and is more firmly entrenched than a sense of self based on physical appearance alone. In many cases, women choose to help their friends recharge their life batteries, too, as they follow the road to reinvention and self affirmation together.

In this issue, we preview the five Ramblin' Rose Triathlons in North and South Carolina and look at the venues and charitable causes behind each race including Charlotte's Tri It For Life, founded by Alyse Kelly Jones. We also feature a few of the amazing women, including our cover story LaGena Lookabill Greene, a person who completed her first Ramblin' Rose early in 2010 (then did two more!), but has been living a life of endurance for over 25 years.

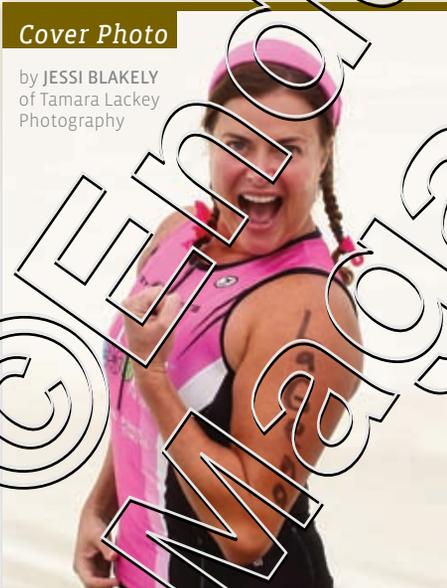
Every year, the number grows; from about 500 participants at the first Chapel Hill in event in 2006 to over 3,700 across 5 events in North and South Carolina in 2010. As old as 8 and as young as 70, women from all over the Carolinas (and soon to be all over the country!) choose the Ramblin' Rose as the premier event for new triathletes. If you are a woman: sign up for a Ramblin' Rose triathlon this year. If you are a man or a woman not ready to participate as an athlete: volunteer. I've volunteered at almost every event since 2006 and without a doubt have been better able to deal with the fears, doubts and disillusionments that come with getting older simply by witnessing these inspirational women race.

Sign up, volunteer, or read the inspiring stories in this issue to learn more about the amazing triathlon called the Ramblin' Rose.

Inspire. Perform. Endure.
- Joe Nuss

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by JESSI BLAKELY
of Tamara Lackey
Photography



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Back in the Race After Cancer

BY DAINNE GOOCH SHAW



Daniel Khoury has crossed the finish line at Asheville's Bele Chere 5K Race 25 times, but the difference between his 2009 and 2010 finish is striking. In 2009, a month after being diagnosed with gastric cancer, he walked the race course with a feeding tube, a chemotherapy pump, and NC Cancer Hospital physician assistant John Strader by his side. By 2010, he was back to his usual form.

Khoury, a lawyer with Vandeventer Black and Manteo town attorney, and his best friend, Dr. Michael Rogers, an Asheville pharmacist, have run the July race together for 25 years, since Khoury first challenged his friend to get in shape for the 1985 event.

Khoury recalls being in UNC Hospitals 3 days before the 2009 race. "I was recovering from a second surgery, getting chemotherapy, and telling everyone I couldn't miss this race. But I had lost 25 pounds and was so weak I could barely get out of bed." UNC exercise and sport scientist Dr. Claudio Battaglini, who is involved in several studies of cancer and exercise,

discussed the benefits of exercising while on chemotherapy. "He offered me pointers as though I were going to be in the race."

Three months earlier, Khoury had experienced abdominal discomfort, but thought it was indigestion. As the symptoms increased, he underwent tests in Norfolk. When he learned he had gastric cancer, Jean Sellers, administrative director, UNC Cancer Network, called to say he had an appointment with Dr. Richard Goldberg.

"While in the hospital, I felt very strongly that we couldn't break our Bele Chere tradition. I think in part my recovery was linked to that determi-

nation not to give up. Dr. Goldberg, Jean, and John are all runners. They did everything they could to make it happen. In fact, John offered to go with me. At the race, friends and family were there to cheer me on."

"Every step, I was thinking about what was happening to me. When I crossed the finish line, I just knew that I was going to be OK."

But a few days after the race, he learned the cancer was Stage 4. "The odds weren't good. But I recall thinking, 'I know which side of those odds I want to be on.'"

Khoury made changes in an already healthy lifestyle, altering his diet, reducing stress, and continuing to run. Oncology nutritionist Aimee Shea advised him on complementary supplements. And each time he saw Dr. Goldberg and nurse navigator Delma Armstrong in the clinic, he says, "I must have asked a thousand questions. They patiently answered every one."

UNC surgeon Dr. Michael Meyers agreed that feeding tubes and chemo pumps aren't designed for the physically active. Teresa Sadiq, nurse practitioner, repeatedly restricted the

feeding tube. "Dr. Meyers agreed to let me try a lower profile tube. After that, no more stitches."

A frequent visitor was someone who has known Khoury since he was a student at Asheville Catholic School. Monsignor John A. Wall, Pastor and Campus Minister at UNC Newman Catholic Center, was headmaster at ACS when he and Mike Rogers were students there. "He would come to see me and tell my wife, Angel, stories about us. He really got us laughing. Laughter is great medicine."

Of UNC, he says, "From the first person you see at registration to the check-out person in the clinic, everyone is helpful and encouraging. They have a great team approach and are positive and supportive. That attitude pervades throughout."

Khoury is now in remission and looks forward to running his usual four races this year.

Dianne Gooch Shaw is deputy director of communications at the UNC Lineberger Comprehensive Cancer Center and has been with the Center since 1984. She is a seventh-generation Chapel Hillian who enjoys contra dancing and yoga. She can be reached at dianne_shaw@med.unc.edu.

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Jan 4, 2011	Half and Full Marathon Training Program	Carrboro, NC	Running
Jan 5, 2011	Get Lucky 8K Training Program	Raleigh, NC	Running
Jan 8, 2011	2nd Frozen Toe 10k Trail Run	Roanoke, VA	Running
Jan 8, 2011	4th Annual Run for Young	Raleigh, NC	Running
Jan 8, 2011	Next Steps Training Program	Carrboro, NC	Running
Jan 8, 2011	Spring Training 2011	Louisville, KY	Running
Jan 15, 2011	Little River Trail Runs 2011	Hillsborough, NC	Running
Jan 25, 2011	FF Elmhurst Winter Warriors	Elmhurst, IL	Running
Jan 29, 2011	Upgrade 5k at Birkdale	Huntersville, NC	Running
Jan 31, 2011	YWCA On the Couch 5K Training	Winston-Salem, NC	NC Running
Feb 5, 2011	CrossFit864 Inaugural 1/2 Marathon	Clinton, SC	Running
Feb 12, 2011	Triangle Winter Triathlon Clinic for the Multi-Sport Coach and Athlete	Cary, NC	Running
Feb 26, 2011	2011 Law Enforcement Torch Run 6K for Special Olympics	Raleigh, NC	Running
Feb 28, 2011	Silicon Valley Program Registration	Santa Clara and Santa Cruz Counties, CA	Running
Mar 12, 2011	River Bound Race Series #1 - 8k/5k	Charlotte, NC	Running
Mar 12, 2011	River Bound Race Series Registration	Charlotte, NC	Running
Mar 12, 2011	Shanrock Run for Hope	Pittsboro, NC	Running

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YOUR RUNNING FORM IS A CORE ISSUE

BY PAT REICHENBACH

Somewhere deep down inside of every runner, there's a memory of a young child who loved to run just for the fun of it! That child never had sore knees or plantar fasciitis! That child was never taught to run, but could run like the wind with the running form that nature provided. Over time, we've replaced that natural running form with an injury-filled sport. But for anyone with an open mind to healthy change, regaining natural running form is a reasonable goal. The ChiRunning® skills will get you there.

WHY CHANGE THE WAY YOU RUN?

Change the way you run to reduce injury. Injuries related to running form include plantar fasciitis, Achilles' tendon issues, calf pulls, shin splints, stress fractures, knee issues, hamstring tears, groin pulls, piriformis syndrome, IT band issues, hip issues, lower back strain, neck pain.

Change the way you run to improve efficiency. Less effort, less oxygen and less muscle glycogen will be needed. Use the energy saved to run longer or faster or recover more quickly or simply enjoy running more.

WHAT THINGS SHOULD YOU CHANGE?

Here's what you should focus on changing: Poor posture, poor alignment, lack of core engagement, extraneous movements that do not accommodate forward motion, tension in muscles not needed for running, rigidity in joints that should move freely,

overuse of muscles in the feet and legs, heel striking, excessive impact.

To improve your form, focus on the skills that served you well as a child. The learning process is fun and very enlightening. Here are a few pointers to get you started.

GOOD RUNNING FORM IS A CORE ISSUE.

Get started by improving your posture now. Your mother was right! You should sit, stand, and walk tall—not stiff, just tall. It takes more mental effort than physical effort. The effort is worth it. Every time you pull yourself into better alignment you create benefits greater than you realize. You require your core muscles to engage—and believe me, they need the practice. Your core may be perfectly capable, but it's likely that these muscles are suffering from amnesia. Require your pelvis to be level and core to be engaged on a regular basis. When running, your core will be asked to handle

the two important jobs that it was designed to do: stabilize your posture line and produce movement.

APPLIED PHYSICS

“A body in motion tends to stay in motion unless acted upon by an outside force.” Once you've created a strong posture line, then you are ready to let gravity be your means of propulsion. While running, practice allowing a slight forward lean from the ankles and let gravity assist your forward motion. As you become comfortably balanced with this slight forward lean from the ankles, your stride will be shorter because your footstrike lands under you instead of out in front of you. If you place your foot out in front of you, you'll inhibit the free pull of gravity. Using gravity is applied physics: By allowing your center of mass (your core) to stay slightly in front of your base of support (your footstrike), you become the body in motion that tends to stay in motion—just like you did naturally as a child!

YOUR LEGS ARE WHEELS, NOT ENGINES.

By cooperating with gravity, you'll be in a position to let your legs be wheels rather than engines. The function of your legs is to provide momentary support rather than propulsion, so teach your legs to do less work! Allow the road to take your legs rearward, then quickly pick up your feet, bending at the knees to create a circular pattern of motion. No pushing off, no heel strike. Feet, knees and legs are no longer being overused. Most running injuries are reduced or eliminated with this aspect of form change. When you let your legs be wheels instead of engines, your running is more efficient and creates less impact.

LESS IS MORE.

Make the choice to implement changes to improve your running form, but take it easy. Make small changes that allow your body to relax and adapt. Big changes or too much too soon can lead to muscle tension and injury. The most beneficial and long lasting changes are incremental and take place over time. Less is more, in the long run.

For complete instruction on how to run efficiently and without injury, read the book *ChiRunning* by Danny Dreyer and sign up for a ChiRunning Workshop. I'd love to work with you this spring!

Pat Reichenbach is a certified ChiRunning and ChiWalking instructor, personally trained by ChiRunning founder, Danny Dreyer (www.chirunning.com). She lives in the Raleigh area and teaches workshops in Raleigh, Cary, Durham, Wilmington, and Pinehurst, NC. Pat has a Bachelor of Science degree in Physical Education and is an ACE Certified Personal Instructor and IFTA Certified Senior Fitness Specialist. Pat's Website is: www.PatsPersonalTraining.com.

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Free Clinics-New Balance Durham Intro to ChiWalking

Sun. Jan 23 Noon-1pm
Sun. Feb 20 Noon-1pm

Intro to ChiRunning

Sun. Jan 23 1:30 - 2:30pm
Sun. Feb 23 1:30-2:30pm



TRIATHLON TRAINING: Find a Plan and a Coach

BY MONETTE WILLIAMS

You are a motivated triathlete (or soon-to-be triathlete) with a desire to do what it takes to finish a race. You may be a beginner or someone who hasn't competed since high school or college sports looking for guidance to help you meet your expectations and goals. Friends, family, triathlon magazines and triathlon websites provide a plethora of information and advice. How do you know where to begin, how to improve, and what's safe?

First off, if you've already asked yourself these questions, consider hiring a coach to give you personal guidance with your intentions. A coach should listen, advise, and map out an optimal plan based on your needs. Still unsure? Most coaches will sit down with you first to discuss your options and give you a chance to see if you're compatible, coach-to-athlete.

Going it on your own? Remember triathlon is an individual sport and we each have skills that can be enhanced and needs to be resolved as best as possible. You are looking for a plan that allows you to highlight your strong points and work on your weaknesses. The training plans made available to you via the Internet or magazine are written based on an average beginner, intermediate, or advanced athlete. Determine which type of athlete you are and how much time you have to plan for your competition. Be realistic and set boundaries for what you're willing to put in based on you and your time commitments. Thus, if you work 30+ hours a week, buying a 15-hour-a-week training plan may not be ideal.

Typical training plans last anywhere from 4 weeks to 20 weeks. Longer plans tend to guide you through a safe build-up phase allowing the body time to adapt, then move toward specific workouts geared to finishing the race strong. Shorter plans are made available because life happens, and you may have just decided to participate in a race and

only have 3 weeks to plan. They're designed with the thought of just finishing.

Beginners should opt for training plans that last at least 6 weeks allowing time for the body to adapt and build to a safe distance such as a sprint triathlon. Don't be concerned about going fast right away. Injuries most often occur with the eager ones rearing to try to incorporate speed work without building a base of endurance first.

Intermediate athletes may reflect those who competed in 1-3 races previously looking to participate in an Olympic-distance triathlon for the first time to one who has competed at various distances looking to go faster or longer.

Advanced athletes are those athletes who have athletic backgrounds and may have already competed in a triathlon looking to enhance their athletic capabilities.

Because of the complexity involved with triathlon training, following a good training plan is essential if you don't have an individual coach. Best of luck and we'll see you at the finish line!

Monette Williams is a co-owner of Triangle Multisport with her husband, Dave, and is the Endurance Coordinator at the UNC Wellness Center of Meadowmont. Triangle Multisport is a sponsor of the Ramblin' Rose series, Team UNC Wellness, and the TMS/IOS Team. They have 10+ years of success helping clients achieve their goals. To inquire about hiring one of the TMS coaches, please e-mail trimultisport@yahoo.com.

OFFICIAL RAMBLIN' ROSE 8-WEEK TRAINING PLANS

In partnership with Triangle Multisport, the Ramblin' Rose 2011 series now offers two 8-week plans, beginner to intermediate levels, to help you to cross the Ramblin' Rose finish line. These women-friendly plans provide a guide through the basics of all three sports and how to put them together in detail.

The first basic plan would suit you if work out 2-6 hours per week. The Triangle Multisport (TMS) plan begins with manageable distances of about 250 broken yards of swimming, 25 minutes biking, and walking or running 10 minutes. The plan will build you up to finish the race with confidence.

The second basic plan is designed for those who work out 7+ hours per week. The TMS plan begins with 900 broken yards of swimming, 60 minutes biking, and 30-45 minutes running and/or walking. This plan will help you to build strength and finish the race strong.

Whether you have a background in one or all three sports, you can use either of the plans to enhance your strengths and practice the skills to improve on your weaknesses. Both plans provide not only workouts but easy-to-read calendars and workouts, tips for each sport, motivation, information on how to set up a transition, what to expect, race day strategies, and much more. In short, if you can't make it to a Ramblin' Rose clinic, this is your next best choice.

Both training plans are available for purchase when you sign-up for any Ramblin' Rose event at www.sportoften.com.

Triangle Multisport is a sponsor of the Ramblin' Rose series, Team UNC Wellness, and the TMS/IOS Team. They have 10+ years of success helping clients achieve their goals. To inquire about hiring one of TMS coaches, please e-mail trimultisport@yahoo.com.

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Just the Basics: Simple Sports Nutrition Strategies

BY CHRIS NEWPORT

So you want to train for your first triathlon? You probably realize that nutrition is an integral part of training and racing, but may not know what to do. Here are some simple strategies to get you started on your new athletic adventure.

So what is sports nutrition, anyhow? Sports nutrition is the practical science of hydrating and fueling before, during, and after exercise. First and foremost, it starts with a well-balanced diet containing nutrient-rich carbohydrates, protein, and fat.

STRATEGY # 1

Choose colorful carbs that are close to the earth. In other words, go for minimally processed whole foods like fruits, vegetables, and whole grains (e.g., brown rice, whole wheat pasta, quinoa, spelt, etc.) that are packed with vitamins, minerals, phytochemicals, fiber, and antioxidants that fight inflammation, fend off illness, and optimize muscle function. Carbohydrates, from food or from glycogen (the body's stored version of carbs), are your muscles' main source of fuel during exercise. It's important to keep your "fuel tank" full for training and racing.

PRE-TRAINING OR RACE (3–4 hours)
— *this is optional if you don't want to get up at the super-crack-o'-dawn!*

Consume a healthy, tolerable (low fat and/or fiber) meal containing carbohydrates

PRE-TRAINING OR RACE (1–2 hours)

Consume a light, carbohydrate-rich snack with 17–20 oz. (or ~2 cups) of fluid (consider that you may be nervous and/or nauseated, so choose wisely)

IMMEDIATELY BEFORE (15–20 minutes)

Drink 7–10 oz. (~1 cup) of water or sports beverage

DURING (every 15–20 minutes)

Drink 7–10 oz. (~1 cup) of water or sports drink. Aim for 30–60g of carbs per hour for racing or training longer than 1 hour (one gel is ~25g carbs or 8 oz. of drink is ~14g carbs)

POST-RACE/WORKOUT (within 30 minutes, if possible, to rehydrate and replenish lost fluid, electrolytes and glycogen)

Drink 16–24 oz. (2–3 cups) for every 1 lb. lost and consume a carbohydrate-rich snack (1g/kg bodyweight) with some protein—important for repeated daily trainings or hard racing

STRATEGY # 2

Go for lean protein with fewer legs. Protein has a number of roles in the body. It does everything from building muscle and tendons to maintaining fluid and electrolyte balance. It comes from fish, nuts, seeds, soy, poultry, low-fat or nonfat dairy foods, lean meats and eggs. Depending on the athlete, protein needs can range from .45–.75g/lb of bodyweight.

STRATEGY # 3

Choose healthy fats that give back. Important for any athlete, fat regulates blood sugar and satiety and facilitates cellular repair. It helps transport and absorb fat-soluble vitamins (A, E, D and K) and aids in memory retention, cognitive ability and mental clarity (don't we all need help with that?). Go for plant- and fish-based sources like nuts, seeds, fatty fish, olive oil, canola oil, and avocado. Choose animal-based fats less often (naturally occurring fats from meat, mayonnaise, cheese, etc.) and run far, far away from chemically altered fats (trans fats) labeled "partially hydrogenated."

STRATEGY # 4

Hydrate! If you haven't invested in a water bottle (or several), now is the time. One of the easiest ways to determine hydration status is by the color of your urine. It should be the color of straw. If it's dark yellow, grab that water bottle and drink up! If you're training or racing less than one hour, water is all you need. Choose a sports drink for long or high intensity workouts, exercise in hot/

humid conditions, or training without breakfast. The best sports drink is the one you can tolerate at full strength (*not* watered down). There are plenty on the market, so experiment to find what works for you.

STRATEGY # 5

It's all in the timing. Nutrient timing is crucial to maximizing performance and minimizing GI distress. See the chart above for some guidelines to follow.

Need some ideas for snacks? Before a race or training, try a peanut butter and honey sandwich, fruit and yogurt smoothie, oatmeal and milk, or your favorite energy bar. After a race or training, try 1% chocolate milk and fruit, graham crackers and almond butter, a whole grain bagel sandwich, rice and bean burrito, or café mocha (my favorite).

STRATEGY # 6

It's personal. What works for one athlete may certainly not work for you. Experiment during training (in similar racing conditions and intensity, if possible) to find your best sports nutrition formula. And don't ever try anything new on race day!

Eat well, have fun, and good luck in training and racing!

Chris Newport, RD, is the founder of Endurance NEWtrition, LLC, the premier sports nutrition counseling and endurance coaching company in the Triangle area. She is a licensed nutritionist, personal trainer, and USA Triathlon Expert Coach. She can be reached at chris@newendurance.com or check out www.EnduranceNEWtrition.com.

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Faith, LOVE & ENDURANCE

BY LAGENA LOOKABILL GREENE
PHOTOS BY JESSI BLAKELY OF
TAMARA LACKEY PHOTOGRAPHY



I grew up in a close-knit family in Charlotte, North Carolina. I was a cheerleader, competed in gymnastics, and attended UNC-Chapel Hill on an academic scholarship. I was on a successful career path when I was devastated to learn that I had been infected with HIV at age 25.

I've been on the edge of death countless times from deadly pneumonias, cancer, encephalitis. Daily infusions of toxic medicine through IVs and PICC-Lines, swallowing handfuls of pills and vomiting were how I spent my days for years. For a four-year stretch I lived with virtually no immune system (CD4 count of 0) and no new AIDS treatments available. At one point I was hospitalized and given only a few months to live because my body had wasted to 89 pounds. Now at 49, I have survived the ravages of AIDS for 24 years. My body battles side effects of many medications, one which injured my pancreas, causing me to become an insulin-dependent diabetic. I wear an insulin pump 24 hours a day. I could have never endured the challenges of this journey without the sacrificial love of my parents and brother, the amazing devotion of my precious husband, and a faithful circle of friends. It is only by God's infinite mercy that I am still alive. He is the One who sustains me.

In September 2009, our 5-year-old goddaughter, Jordan, was diagnosed with AML

tried to lift myself out of the pool at the end of the lane, I pushed up with my arms like I remembered doing as a child, and flopped forward and kind of rolled onto the deck like a walrus. As I awkwardly stood up, no one noticed the tears streaming down my face, or heard the negative voice in my head that snarled, "You can't do this." I was tempted to

overwhelming feeling of unity among the athletes that I suspect is unique to the Ramblin' Rose. There are talented, accomplished athletes mixed in with beginners like me. All along the bike and run course, friendly volunteers rang cowbells and shouted words of encouragement that energized me. The most powerful moment for me as a newbie, was

hearing the MC announce as I crossed the finish line "Congratulations, LaGena, YOU ARE A TRIATHLETE!" These words are so powerful, and they still echo in my mind. They will forever remind me of what obstacles I'd overcome in learning three new sports, the discipline it took to train, and more importantly the hope it instilled in me to never give up.

In Winston-Salem, when I crossed the finish line, I ran into my husband's arms and he smothered me with kisses. Danny has been my rock through this process, a constant source of encouragement and love. During the awards ceremony, the MC took a momentary break from announcing winners and said, "Let's cheer for this athlete who's coming in." Everyone turned



LaGena with Dad, Gene, Mom, Jackie and Brother, Gene II at Ramblin' Rose Charlotte in 2010

THE ATMOSPHERE OF A RAMBLIN' ROSE TRIATHLON IS LIKE NOTHING I HAVE EVER EXPERIENCED. WOMEN OF ALL SHAPES AND SIZES DRESSED IN BRIGHT COLORS ARE EVERYWHERE... THERE IS AN OVERWHELMING FEELING OF UNITY AMONG THE ATHLETES THAT I SUSPECT IS UNIQUE TO THE RAMBLIN' ROSE.

Leukemia. I spent much of my time helping her family during her long hospitalization. As the months passed, I skipped meals, snacked on junk food, had trouble sleeping and felt too exhausted to work out. Additionally, my own mother's health took a turn for the worse and I feared losing her. By March 2010, I had not exercised in 7 months and felt anxious and depressed. My endocrinologist told me that if I didn't take better care of myself, diabetes was going to kill me.

My friend Julie, a triathlete, showed me *Endurance Magazine* and an ad for the Ramblin' Rose Series caught my eye. Pink is my favorite color, and I liked the fact that it was for women and a distance that might be attainable for me. On impulse I signed up for 3 Ramblin' Roses. At that time I had no concept of what it would take to become a triathlete. The only swimming I'd done was as a 22-year-old on the neighborhood swim team. My 20-year-old pink mountain bike had rotten tires, and I had never been a runner. I bought a size 14 turquoise blue Speedo that hid none of my flaws and went to swim a few laps at the Y. The first time I

quit, but found a tri group at the Siskey YMCA led by Melonie Lewis, who is tough as nails. Melonie had to teach me the correct way to swim, but only after weeks of drilling with swim toys that were completely foreign to me. Doing drills for those first couple of weeks I felt like I was going to drown. My new swim buddies, both girls and guys, were so encouraging. The first time we had to race a partner in the pool, I rediscovered the competitiveness deep within me that had been buried for a long time under piles of discouragement, despair, and fear. It was friendly competition, but it reignited that fire. The energy of my tri group propelled me.

In June, I caught bacterial pneumonia and developed severe sepsis. I clung to life in the ICU. This was a serious setback physically. Emotionally I lost a lot of momentum, but spiritually I gained strength from spending more time in God's Word.

The atmosphere of a Ramblin' Rose Triathlon is like nothing I have ever experienced. Women of all shapes and sizes dressed in bright colors are everywhere. Upbeat music blasts into the early morning air. The excitement is palpable. There is an

their heads to see an overweight woman with tears of joy rolling down her cheeks, laboring as she crossed the finish line along with her family of supporters. Thunderous applause exploded from the crowd. Everyone who crosses the finish line at a Ramblin' Rose is cheered as a champion.

The Charlotte Ramblin' Rose was the most important race to me because it would be the first time my mom, dad and brother would see me in a triathlon. Coming out of transitions and along the run course, I searched for my family's faces and locked eyes with them. My heart soared feeling their love and for the first time I was able to run the entire 2 miles to the finish line. When I was given my finisher's necklace I placed it around my mother's neck. I had dedicated the Rock Hill race to God, Winston-Salem to my husband, but this one was for my mom, the woman I love and admire most in this world. Then I was reminded of the scripture written on one of my running shoes. "I can do all things through Christ who strengthens me." Sheer joy and thankfulness radiated from my soul.

Ramblin' Rose 2011 EVENT GUIDE



RAMBLIN' ROSE RALEIGH MAY 22ND

**250-YARD SWIM / 9-MILE BIKE / 2-MILE RUN
REGISTER TODAY AT WWW.RAMBLINROSEEVENTS.COM**

Course Preview

THE SWIM: Swimming outside is the BEST, and that's why the Ramblin' Rose Raleigh is great! The A.E. Finley YMCA's 10-lane outdoor pool will be the perfect place to kick off your race. Water temperatures are estimated to be between 72-78 degrees. No wetsuits allowed. As soon as your swim is over, you'll exit the pool area and enter the Transition Area located right next to the pool.

THE BIKE: This lollipop-shaped course will begin and end with Baileywick Road and loop through the gorgeous Stonebridge residential area. There will be minimal traffic to contend with, but do pay attention to upcoming turns. Also, make sure you know how to switch into your small chain ring because there are several hills on this bike course.

THE RUN: NEW for 2011 is a revised out-and-back run course that keeps runners on the YMCA campus and close to the spectators.

THE FINISH: Located right next to the pool, the new finish line/sponsor village is sure to be a big hit and a perfect place to end an amazing event!

FEE SCHEDULE

INDIVIDUALS: \$70, then \$75 starting on 1/16, then \$85 starting on 3/1
RELAY (2 or 3 Individuals): \$125, then \$130 starting on 1/16, then \$140 starting on 3/1



Penny Lauricella (left), Executive Director, Pretty In Pink and Dr. Lisa Tolnitch, Founder, Pretty In Pink Foundation.

Ramblin' Rose Raleigh Benefits the Pretty In Pink Foundation. Pretty In Pink Foundation's mission is to provide financial assistance to uninsured and underinsured breast cancer patients with treatment and surgical needs and the inability to pay for it. Pretty In Pink Foundation promotes life after breast cancer through the work we do with volunteers, the donations we receive and the sponsorships that are created.

The ultimate vision of Pretty In Pink Foundation is to eliminate financial barriers and provide financial resources to any and all breast cancer patients with a true financial need for treatment and surgery. The first step to realizing this vision is to expand our efforts throughout North Carolina. By 2020, Pretty In Pink Foundation foresees a point of presence in every state.

"The relationship between Pretty in Pink Foundation and Ramblin' Rose is a powerful representation of cause meeting community. At the heart of Pretty in Pink Foundation's existence is hope, health and healing. This sentiment is in keeping with Ramblin' Rose's focus on hosting life-changing events. Our relationship is one that combines the passion, enthusiasm, and spirit of celebrating the empowerment of women."

PENNY LAURICELLA, EXECUTIVE DIRECTOR—PRETTY IN PINK FOUNDATION



"The A.E. Finley YMCA is excited to host North Raleigh's second Ramblin' Rose triathlon. Participants are guaranteed a life changing event; with Endurance Magazine's commitment to empowering women, in collaboration with the YMCA's dedication to healthy living. Although last year's weather conditions provided another obstacle for many women, we enthusiastically look forward to a brighter 2011 event."

CAITLIN PALCZUK, ASSISTANT WELLNESS DIRECTOR—A.E. FINLEY YMCA

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JACQUELINE NICHOLLS

30 / ATLANTA / Teacher

Never in my life did I think I would have ever said I will be a triathlete and now I can and boy does it feel good! Crossing that finish line is a memory I will never forget and can tell my children one day.

The feeling that comes over you when you cross that finish line is something that I will never forget. It is a rush of emotions that I cannot even explain but one of the greatest feelings of my life.

Hands down my husband is my number one fan. He is at every race cheering me on, rain or shine, hot or cold. Being my swim he was at the end of each lane motivating me and during the run he would run along side of me and tell me how good I was doing. I don't think he knows how much I appreciate it, but him being there for me makes it so much easier and much more worthwhile. I dedicate my races to him and all of the support he gives me.



LISA FRENCH

(left) 40 / ATLANTA / Founder and Executive Director of a nonprofit for young girls

I was motivated by the fact that I've NEVER been athletically inclined to do anything that caused me to sweat nor have I ever participated in any organized sport. So, I figured why not heck... I'm 40... why don't I challenge myself and do something different!

I can tell you that completing my first triathlon was the most exhilarating experience I've ever had. They say once you do it, you're hooked. Well, they were right—I'm hooked!

I loved the way I felt and looked after the race, which caused me to want to keep it up. Completing the race made me believe I could do anything when it came to physical fitness. Because I had never pushed my body to those limits ever before, I continue to push myself physically today.

KIMBERLY HALL

(center) 41 / Director of Innovation

On June 8, 2001, I received news that my husband, a Navy pilot, had been involved in a fatal plane crash. I still remember it like it was yesterday. On that day, my life was forever changed. I lost my best friend, soulmate, and the man I thought I would grow old with. Since that day, I no longer sweat the small stuff, because it's all small stuff. I live life for today and I appreciate the time I have with my family and friends

because that's what's most important. Tomorrow is not promised, and I am forever reminded of that.

At this race I met women of different ages, athletic capabilities and experiences who never gave up. To train with women in their 50s and 60s is definitely an inspiration. I want to be like them when I'm older—active, healthy and full of determination!

To know that you are a triathlete is something you will be proud of. You can do this—you were born a winner!

LISA BACOTE

(right) 40-something / ATLANTA / Part-time Marketing Consultant, Full-time Mom

It's so inspiring to be among women of all different backgrounds, ages, ethnicities and experiences pushing through obstacles of time, strength, will, capability and access to achieve a common goal—completing a triathlon. Wow! What a feeling to say I did it. I am powerful. I am accomplished. I am strong. I am a triathlete!

I have the world's BEST husband. Without his love and support, none of this would ever be possible. He encourages me to train, supports my efforts, includes our children in my races—all with love and a smile. I couldn't ask for a greater life partner.

I chose to do the Ramblin' Rose event because my friends Lisa and Kim decided to join me in my new passion and I wanted to be there as they experienced the same "high" I'd experienced.

THE RAMBLIN' ROSE ROCK HILL BENEFITS TRI IT FOR LIFE, inspiring women of all ages, sizes, backgrounds and abilities to develop healthy lifestyles through multi-sport training, mentorship and commitment.



"This is the second year Tri It For Life has had the privilege of being a benefactor for the Ramblin' Rose Rock Hill triathlon. Our members are very excited about volunteering again this year. We were inspired by seeing so many women better their lives through multi-sport training and watching the looks of joy on their faces as they crossed the finish line. The Ramblin' Rose Rock Hill is a fantastic event. We only wish it happened more than once a year."

ALYSE KELLY-JONES, PRESIDENT AND FOUNDER—TRI IT FOR LIFE



"We're excited about the event from a multi-sport standpoint and look forward to the synergy that comes from our two very similar mission-driven organizations."

JIM MARTIN, DIRECTOR—UPSTATE Y TRIATHLON EVENTS

Ramblin' Rose

2011 EVENT GUIDE

RAMBLIN' ROSE ROCK HILL JULY 10th

250-YARD SWIM / 9-MILE BIKE / 2-MILE RUN
REGISTER TODAY AT WWW.RAMBLINROSEEVENTS.COM

Course Preview

THE SWIM: The large pool at the Rock Hill Aquatic Center will allow for a dual start, so make sure you line up on the correct end of the pool. As soon as you finish the swim, with your fans watching you in the 500-seat grandstands, you'll make a quick run to the Transition Area right outside the pool area.



THE BIKE: This is the only out-and-back bike course on the Ramblin' Rose Tour, which means you'll be able to draw lots of energy from your fellow participants. The course is flat and fast and takes place on quiet local country roads.

THE RUN: Upon exiting the Transition Area for the third and final leg of your race, you'll do an out-and-back on the newly-constructed sidewalk that parallels Rawlinson Road. An aid station will be set up at the turnaround point to give you one last boost of energy so that you can bring it home strong!

THE FINISH: This is it! Now it's time to celebrate as you cross the line right next to the lobby entrance of the Aquatic Center. The sponsor village and spectators will see it all from the adjoining hillside and you can bet that the party will be in full swing!

REGISTRATION SCHEDULE:

INDIVIDUALS: \$75, then \$75 starting on 1/16, then \$85 starting on 5/1

RELAY (2 or 3 Individuals): \$125, then \$130 starting on 1/16, then \$140 starting on 5/1





TRISH WASHABAUGH

(left) 42 / LEWISVILLE, NC / Registered Sales Assistant

I signed up for the Ramblin' Rose because I saw all of these determined and happy women smiling in pictures and I heard them talking about it and it made me want to be a part of that joy!

I absolutely love all the new friends I made and the training programs I was involved in. Together, we were so motivated!

Finishing the Ramblin' Rose gave me the confidence to go and run a half marathon! I am not afraid! I also love biking. It's my strongest area—I love it! I just started riding last June and am addicted!

SANDY STEWART

(right) 44 / Advance, NC / Business Plan/ins. Manager

It's natural to have a few butterflies before the event, but you soon realize that there is no reason to be nervous. The participants encourage each other and they want others to enjoy the experience. Because the event is female only, it is easy to convince someone that it is the perfect fitness triathlon!

The most difficult challenge was preparing for the swim and making time to train while working full-time. My husband was very understanding, as there were many weekdays that I left home at 7:00 am and returned at 5:00 pm.

Riding my bike and then running is my favorite workout. I try to swim once a week in the off-season. I am also learning more about the benefits of yoga and stretching.



SHANNON HOLLAND

39 / DENVER, NC / Owner/ Operator of a Davis Lake Restaurant

Living through this experience has inspired me to personally recruit women of all shapes, sizes, and ages to sign up. I will always remember how much support and encouragement my friends and family gave me and my goal is to pay it forward from now on!

By far, my biggest fear was... knowledge. Was I doing things the right way? Being a business owner, it's not always easy to admit when you don't know how to do something, but training with the Tri It For Life team knocked those fears out the door, and I never felt alone and never looked back!

The amazing group of women I gained as friends are part of a feeling of pride, accomplishment, overcoming fears and having fun, which will stay with me for a lifetime.

TRACIE WILT

39 / DENVER, NC / Clinical Specialist

My most memorable moment was seeing all these women of different life experiences, shapes, and sizes all doing what THEY thought they couldn't accomplish. The look of pride in achievement on their faces and the joy of their families makes me want to share this experience with everyone I know.

I would never have been able to get those long workouts in on Saturday mornings if it weren't for the support of my husband. I must say, my workout partner, Shannon, comes in a close second. Those 5 a.m. swim workouts? She is the one who kept me accountable!

When I come to a place in my life where I think I can't... I reflect on how far I have come. Then I know not only that I can, but that I will excel.

20 EN DURANCE January '11

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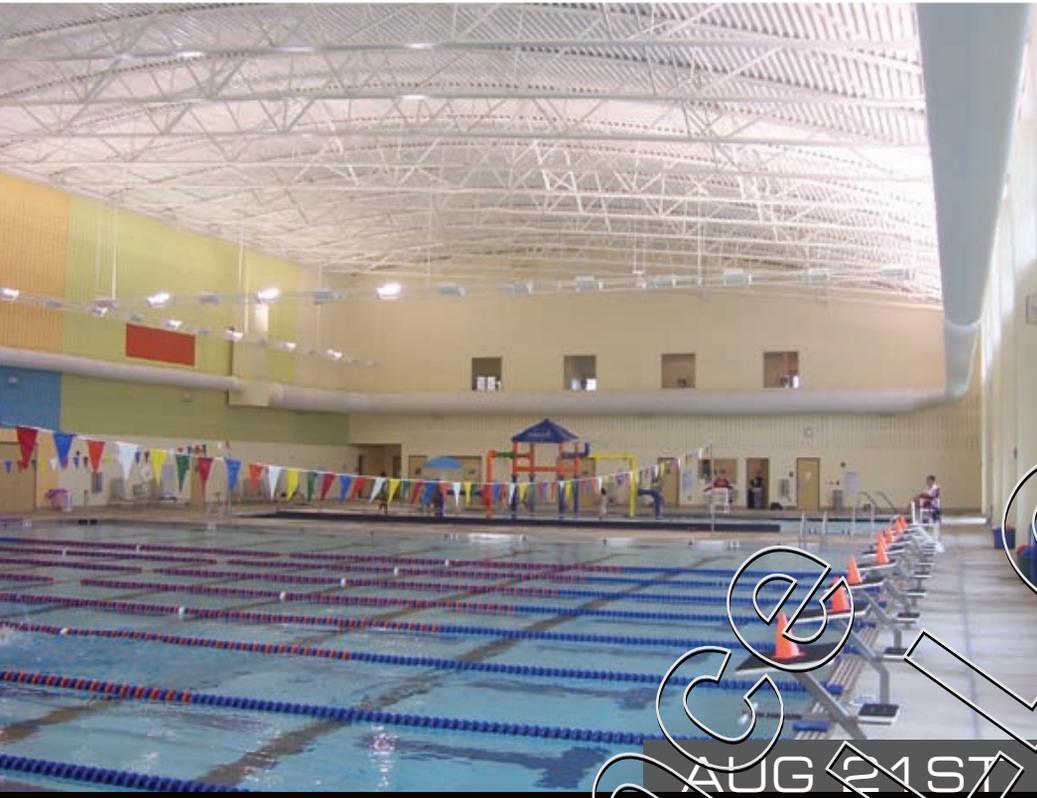
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Ramblin' Rose

2011 EVENT GUIDE



The Ramblin' Rose Winston-Salem benefits the Gateway YWCA. The Gateway YWCA is not only a spectacular state-of-the-art facility, but it is also an economic "engine" for lots of important local community programs.

The YWCA at the Gateway is where you and your family can discover a wonderful world of wellness together. They address the needs, interests and concerns of individuals and families with the purpose of changing lives for the better. The Gateway YWCA is a community center—consider it your other home, where your fitness and wellness life can come together with your social life for a while; a place where you can be yourself, without intimidation.



AUG 21ST

RAMBLIN' ROSE WINSTON-SALEM

250-YARD SWIM / 9-MILE BIKE / 2-MILE RUN
 REGISTER TODAY AT WWW.RAMBLINROSEEVENTS.COM

Course Preview

THE SWIM: The swim takes place in the beautiful aquatic facility of the YWCA. Participants will exit through the front of the building and run to the transition area.

Special thanks to the Forsyth Medical Center—Official Swim Course Sponsor.

THE BIKE: The RR-VS hike course is the most spectator-friendly course on the Tour. This 2-loop bike course will cover the roads surrounding the YWCA and much of it will overlap with the run course so you can cheer each other on! Yes there are hills, but you can do this!

THE RUN: The run course is mostly on the beautiful greenway along Old Salem Rd. After you exit the transition area you'll cross the pedestrian bridge and then access the greenway via W. Salem Avenue. Once on the greenway, you'll pass Old Salem on your left and before you know it you'll be at the aid station where you'll turn around and run back downhill to the finish line!

THE FINISH: Takes place in right in front of the YWCA lobby in the parking lot. The sponsor village is just on the other side of the finish line, making this a very intimate finish line experience.

FEE SCHEDULE:

INDIVIDUALS: \$70, then \$75 starting on 1/16, then \$85 starting on 6/1
 RELAY (2 or 3 Individuals): \$125, then \$130 starting on 1/16, then \$140 starting on 6/1



"THANK YOU for allowing the YWCA to be a part of Winston-Salem's Ramblin' Rose. It was such fun yesterday to see women so empowered at so many levels - young girls, women making their triathlon debut, physically challenged women thrilled by the "finish," 60+ women still leading active lives. WOW! Thank you also for what was an exceptionally well-run event and thanks to each of your volunteers and staff. Rarely do we host events that are so conscientious about our facility and grounds. Thanks for exposing the YWCA and Winston-Salem to such an incredible event!

ROBIN ERVIN - VICE PRESIDENT AND BRANCH DIRECTOR, GATEWAY YWCA



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Gauntlet [gawnt-ilt] noun, consecutive tasks endured sequentially; as these do not cause serious injuries, only bearable pain; they are sometimes eagerly anticipated by the initiate as a sign of acceptance into a more prestigious group.

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HANNAH GOODWIN-BROWN

25 / CARRBORO, NC / Teacher
(Elementary Special Education)

Having done a triathlon is on my short list of achievements that I think of when something seems daunting. If I've done a triathlon, I can take on a Monday.

The Ramblin' Rose is an incredibly positive experience (from start to finish!)

Crossing the finish line surrounded by great crowds was a great moment.

FROM LEFT TO RIGHT: Rachel Kiel, Hannah, Lauren Fabricant, and Will Heiman.



DEBORAH ERICKSON

47 / DURHAM, NC / Program Manager

Sixteen months ago I was in a car crash and faced a difficult recovery. The recovery was slow and I had doubts that even moderate exercise would ever be achievable. Not once in my life had I ever even considered doing a triathlon. Then that fateful day came ... I was at my physician's office and she told me she had just signed up for the Ramblin' Rose with her daughter. This event was created to empower and celebrate a women's strength, not only physically but mentally and socially as well. I was so excited! Could this be the turning point for me? Would it help me gain my confidence back? As it turned out, this event was exactly what I needed!

My most memorable moment was seeing my husband and children cheering me on at the finish line.

One of the gifts Ramblin' Rose gave me is being fit enough to play with my children.

FROM LEFT TO RIGHT: Christopher, 5, Deborah, Grace Anne, 8, Matthew, 7, and husband Jonathan.

PHOTOS BY JESSI BLAKELY OF TAMARA LACKEY PHOTOGRAPHY

Ramblin' Rose

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Ramblin' Rose

2011 EVENT GUIDE

RAMBLIN' ROSE CHARLOTTE SEP 25th

THE RAMBLIN' ROSE CHARLOTTE BENEFITS GIRLS ON THE RUN OF CHARLOTTE. Girls on the Run is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. Their curricula address all aspects of girls' development - their physical, emotional, mental, social, and spiritual well-being.

"Girls on the Run of Charlotte is proud to partner with Endurance Magazine for the Ramblin' Rose Women's Only Triathlon because we both believe in empowering women. The participants of the Ramblin' Rose are remarkable women who push themselves to strive for a goal and achieve it. These are the women we hope our Girls on the Run participants grow up to be: strong and confident."

JESSICA OTTO, PROGRAM DIRECTOR—GIRLS ON THE RUN OF CHARLOTTE, INC.

RAMBLIN' ROSE CHARLOTTE BENEFITS TRI IT FOR LIFE, inspiring women of all ages, sizes, backgrounds and abilities to develop healthy lifestyles through multi-sport training, mentorship and commitment.

"Hard as it is to believe, Tri It For Life came into existence just so we could get women ready to participate in the very first Ramblin' Rose Charlotte. We love this race! We love participating, we love helping our members get ready for it and then actually crossing the finish line. There's nothing about this race we don't love. And now we get the opportunity to act as benefactor to this great race? It really can't get any better. This is going to be a blast!"

ALYSE KELLY-JONES, PRESIDENT AND FOUNDER—TRI IT FOR LIFE



"We are always pleased to host the Ramblin' Rose event, and this year was no exception. The diversity of the participants was staggering and ran the gamut for age, race, fitness level, and experience in the sport. In spite of the fact that it was a competition, the sense of camaraderie and encouragement that the women showed for each other was overwhelming. We look forward to hosting next year's competition and would encourage anyone who has never considered themselves an athlete to talk to someone who has completed a Ramblin' Rose event and see how it will change their lives. It is truly one of the most positive experiences you can be involved in."

EXECUTIVE DIRECTOR DEBBIE JENSON & THE SENIOR MANAGEMENT TEAM—HUNTERSVILLE FAMILY FITNESS AND AQUATIC CENTER

250-YARD SWIM / 9-MILE BIKE / 2-MILE RUN
REGISTER TODAY AT WWW.RAMBLINROSEEVENTS.COM

Course Preview



SHOWCASE SPONSOR:



THE SWIM: The swim takes place in the beautiful and spacious aquatic facility of the Huntersville Family Fitness and Aquatics Center. Participants will exit through the side door of the

building and take a short run to the transition area.

THE BIKE: After cautiously going downhill on Verhoeff Drive, riders will go left and head south on Statesville Road. The bike course then takes you on a tour of the beautiful area along Hambright Rd and McCoy Road before entering into the Julian Clark business park. Mt. Holly/Huntersville Road and Statesville Road complete the loop and before you know it you are back in the transition area.

THE RUN: Runners will exit the Transition Area and run up and down Verhoeff Drive (closed to traffic) as well as around the Huntersville Athletic Park. You'll have 2 opportunities to hit up the aid station and you'll even have easy access to a restroom along the way to the finish line.

THE FINISH: Takes place on the soccer field located in Huntersville Athletic Park. This is perhaps the MOST spectacular and exhilarating finish line of them all.

TEE SCHEDULE:

INDIVIDUALS: \$70 then \$75 starting on 1/16, then \$85 starting on 7/1

RELAY (2 or 3 Individuals): \$125, then \$130 starting on 1/16, then \$140 starting on 7/1



WHITNEY WIGGINS

24 / DURHAM, NC / Student

The best thing about the Ramblin' Rose was the atmosphere around the whole event from the time I signed up to the time I crossed the finish line. It was a positive, encouraging, friendly experience. I felt so much support throughout the process—text e-mails with triathlon information, the clinics offered, the friendliness of the staff and local stores sponsoring the race, but most of all the smiling faces and encouraging words from fellow participants.

One of my most memorable moments was the excitement of my parents cheering me on and supporting me during the race. When I found out my parents were coming all the way from Maryland, it was so special to me. Family is very important to me and to have my parents there was a highlight of my day!!!

The Ramblin' Rose motivated me to get back in to a regular fitness routine. It also gave me the opportunity to learn new swim and bike workouts that I can incorporate so I'm not just walking or running.

HEATHER PIEZER

37 / APEX, NC / Full-time Mom and Part-time Preschool Teacher

I've always been a runner, but wanted a change and a new challenge, so I looked to the Ramblin' Rose for my first triathlon. I chose the Ramblin' Rose because I liked the idea of it being all women, and was mostly a triathlon for beginners, so I knew we'd all be in the same boat.

My most memorable moment was when I fell during the run this year. I knew I had to get back up and just finish the race, which I did. I wanted to show my kids that no matter what happens, you always need to finish what you started! And work hard to get there! The crowds are also so amazing—cheering EVERYBODY on and the whole atmosphere is so positive!

My husband is very supportive. We both value health and fitness, so he is very understanding in helping me get my workouts in throughout each week.

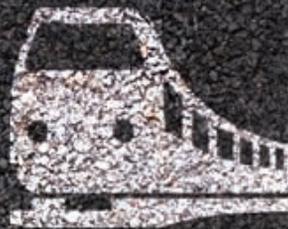
LIBBY VALYO

35 / CARY, NC / Stay at Home Mom of 3 Boys ages 7, 5, and 1

The word triathlon can be intimidating but, this truly is an event that, if you can walk and ride a bike, you can complete. Everyone is so supportive. Women cheer and encourage each other throughout the entire event. The Ramblin' Rose is the perfect beginner triathlon.

My friend Heather motivated me to do a triathlon and gave me the advice and encouragement I needed for training and preparation. Plus, I thought it would be a good way to help me get back in shape after having my baby.

I was surprised at how much I really enjoyed doing a triathlon, even more so than just foot races. The Ramblin' Rose gave me confidence that I can do tri and has challenged me to work harder to improve my times next year.



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Ramblin' Rose

2011 EVENT GUIDE



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Course Preview

THE SWIM: The swim takes place in the 5 lane pool of the UNC Wellness Center. Swimmers will enter and exit the pool area through separate doors. Volunteers will be standing at the swim exit to help point you toward the transition area.

THE BIKE: Once you mount your bike on Meadowmont Lane, you'll take a right on Sprunt Street and then navigate your way through the beautiful streets of Meadowmont. Please be careful coming down all hills as there are sharp turns ahead. Pinehurst Drive will take you along the beautiful golf course and out towards Ephesus Church Road. After turning right onto Forest and Old Chapel Hill Road, you'll then take a right on Farrington Road, which is straight and fast. Bring it home via Route 54 and before you know it you'll hear the cowbells ringing at the race site.

THE RUN: The out-and-back run course starts and finishes on a lovely greenway. But the bulk of the run goes through the quiet residential streets of Meadowmont. Enjoy the tour of the lovely homes, each with large front porches and unique architecture. You'll have a chance to grab a cool drink at both ends of the run/course.

THE FINISH: Takes place in front of the UNC Wellness Center, where the party will be rockin' and where the sense of your amazing accomplishment will all of a sudden sink in.

FEE SCHEDULE

INDIVIDUALS: \$70, then \$75 starting on 1/16, then \$85 starting on 8/1 RELAY (2 or 3 Individuals): \$125, then \$130 starting on 1/16, then \$140 starting on 8/1



THE RAMBLIN' ROSE CHAPEL HILL BENEFITS GIRLS ON THE RUN OF THE TRIANGLE. Girls on the Run is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. Their curricula address all aspects of girls' development - their physical, emotional, mental, social, and spiritual well-being.

"Girls on the Run of the Triangle was so honored to be involved with 2010 Ramblin' Rose and is grateful to be the beneficiaries of this inspirational event! Girls on the Run of the Triangle is a nonprofit character development program targeted for girls ages 8-12 to educate and empower them toward a lifestyle of self-respect and healthy living. We use running as a motivational tool to promote a variety of positive messages designed to support the girls' physical, emotional, mental, and social well-being.

"Partnering with the Ramblin' Rose is such a great fit! The event and our program both promote confidence and goal setting and are filled with inspiration and an amazing positive energy. We hope that Girls on the Run is growing future Ramblin' Rose participants and we know that so many women involved in the Ramblin' Rose believe in the mission and vision of Girls on the Run. It's a cyclical and supportive partnership with unyielding potential. Many thanks to the Ramblin' Rose for continuing to offer such an inspiring and motivating event for women and girls across the Triangle. We look forward to the 2011 event!"

JULIELLEN SIMPSON-VOS, EXECUTIVE DIRECTOR—GIRLS ON THE RUN OF THE TRIANGLE, INC.



"Ramblin' Rose Triathlon is an incredible event because it provides great motivation for our members and guests to see women of all ages, sizes, and abilities participate in a triathlon. They realize that being an athlete is for everyone! They can learn to swim at any age, they can get back on a bike and really enjoy cycling, and they can walk or run for 2 miles and have fun. Once they finish this event, they feel that they can do anything! Hopefully the women realize that in order to take care of everyone else in their life, they need to take care of themselves first. That is what we try to teach in all of our programs and events at the UNC Wellness Center, that fitness is a lifestyle."

KATHY KELLY DEBLASIO, LIFESTYLE ENHANCEMENT DIRECTOR—UNC WELLNESS CENTER

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Separation Anxiety for the 365 Athlete

BY DR. JOSHUA STEVENS

Right now, many of us are considering events for 2011... The Ramblin' Rose Triathlon, the Outer Banks Marathon, or any of the White Lake Triathlons. However, with highs of 40 degrees and lows of 20, staying inside is a good choice this time of year before the broad strokes of our training years get formulated. Winter is an ideal rest time for endurance athletes. It is good to have a few weeks or months of taking it easy so the body can recover and the mind can rest. Ideally, this time should be virtually inactive, but continuing some activity during your down time is helpful and mentally rewarding. This could come in the form of a fresh indoor activity that focuses on body awareness, flexibility, and balance. For example, Runners, take a yoga class once a week with Sage Rountree (see this month's yoga column). That inflexibility could be left behind in 2010. Or for all you Carrboro triathletes, hoop dancing

with Jonathan Baxter (via Balanced Movement Studio) could give you a fresh perspective on things in 2011. Do you know how to use a kettlebell? (Hint: it's not for making tea or calling out "Dinner time!") If not, Betsy Collie at Rapid Results Fitness in Durham would provide an ample orientation to these hidden fitness gems. The bottom line is, create some space between you and your routine: the bike, the running shoes, or the swim cap. Sure, go ahead and sign up for your races, but worry about how to train for them later. You've got all year to focus on these. In the mean time, take a break and refresh your mind and your body with a new activity. You may even discover new in-roads to fitness you've never been able to access. Happy 2011!

Joshua Stevens, D.C., is a holistic chiropractor in Chapel Hill and Durham, where he utilizes chiropractic, acupuncture, detoxification, nutrition, and cold laser therapy with patients. A two-time Ironman finisher, he focuses on racing cyclocross and mountain bikes... much easier!

A CHAMPION FOR CHANGE

BY REACTIVE NC

As many running enthusiasts agree, physical activity is as much a part of daily life as brushing your teeth or taking out the trash. Executive Director of the Be Active—Appalachian Partnership, Susan Tumbleston, is no different. Thanks to her passion and belief in the power of physical activity, Tumbleston not only lives the mission, but also advocates for physical activity opportunities and motivates others to get moving.

A native of Boone, Tumbleston credits her active lifestyle with helping her cope with difficult times in her life. Her time spent running is therapeutic, she says, enabling her to focus her thoughts and enjoy the beauty of nature. In addition, she says staying active helps her manage her physical, emotional and spiritual health, as well as maintain a positive outlook.

"I couldn't take a medicine that would do for me what physical activity does," she said. And she doesn't only advocate for physical activity in her profession—encouraging other women to take part in regular physical activity is a critical part of Tumbleston's life.

"Many women say they just don't have time. I say to them, "There are 1,440 minutes in a day, and you can take 30 of them to be physically active. "Even if you get in 10 minutes a day, it lowers your risk of diabetes and heart disease."

Leading by example and with encouragement, Tumbleston stresses the impact that those who are already active can have on those who are not. "As a runner, I have a real passion about the benefits of being physically active," she says. It has been part of my life for so many years; it has become one of my values. We should all encourage and support those who don't embrace this in their daily lives—you can become an advocate for better health in your own family and community." Susan is an inspiration as she works to improve the health of western North Carolinians.

Be Active North Carolina is a 501(c)3 nonprofit organization dedicated to promoting physical activity and healthy lifestyles across the state. For more information on physical activity and all of its many benefits, visit www.beactivenc.org.



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BY CID CARDOSO, JR.

As cyclists and triathletes, we're always looking for new ways and new places to save weight, especially when it comes to our bikes. The industry has embraced this hunger for new and lighter parts, offering framesets and parts at weights that were unimaginable only a few years ago (such as 750 grams for the Cervelo R5 Ca frame). The prices of such lightweight products have pretty much risen proportionally to the decrease in weight. In fact, in some cases it seems that bike companies are engaged in a race to see who can offer the most expensive part or bike. Like most bike guys, we get excited about the prospect of putting together a 10-pound bike, by saving weight everywhere possible, which could also include cables and housing. That is where Nokon Cables come in. Claimed to be 40 percent lighter than conventional cables, and with a sleek, beaded-metal look, they have been specifically requested by numerous customers building their dream bikes.

Also, because they are constructed from individual beads, they are supposed to be easier to deal with in bikes and frames that require tight cable bend (such as some suspension mountain bikes).

In looking at the price tag, we were right away skeptical of the cost/benefit of this product. Saving weight is generally good, but one needs to look at the real-world savings, and the benefits of such savings. Saving 40 percent of 1,500 grams (the approximate weight of a pair of aero wheels) means saving a significant 600 grams. However, saving 40 percent of 50 grams is obviously not quite as much (20 grams). Also, it's important to note that when looking at weight reduction on the bike, it is proven to be more beneficial to save on rotational weight (wheels, cranks, pedals) when the amount of savings are equal. Since we figured most cable and housing sets on a bike weight around 100 grams, 40 grams savings would not be much but still reasonable, in bike savings terms. So our mechanic weighed the Nokon housing/cables necessary for a size 56 road bike and came up with 113.398 grams. He then weighed the traditional Shimano cables and housing that come in a 2010 Ultegra STI set and came up with 90.781 grams. The Nokon set was in fact 25% heavier. It is true that Shimano has lightened up their cables and housing over the years, but the ones we used were by no means out of the ordinary and were picked out off the shelf.

Next, we wanted to compare how well they work in relation to traditional cables. Although the shifting was crisp at first, the shifting deteriorated with time, especially in the front derailleur. In examining it closer, my mechanic and I determined that the tension that is applied to the cable and

housing when shifting, caused the individual beads to move (or compress) closer together, thus eliminating tiny spaces between each bead. These spaces add up and therefore reduce the amount of cable that the shifter pulls during the shifting motion. The result is slower moving derailleurs and then more sluggish shifting.

Finally, I asked our mechanics if they were easy to install and if they were more durable. They pointed out that installation was not a problem on most bikes but that they are not ideal for many of the new generation of TT/tri bikes that utilize complex internal cable routings. As far as durability, this is the one area that the Nokon cables can outperform the traditional ones, assuming one can deal with poor shifting for that long. It is important to remember too that the Nokon Shift System, which includes enough beads and cables for one bike cost \$94.49, while 5 feet of traditional housing and 2 traditional cables (also enough for one bike) cost a total of \$20.93. At this price difference, the Nokon cables should outlast traditional ones by over 4 times. If one gets one year out of standard cables and housing, he or she would need to get 4.5 years out of the Nokon Cable System in order for them to be worth one's while.

Our verdict on the Nokon Cables is that they look flashy but don't really offer any advantage over the more traditional counterparts. We like light stuff, but we don't expect the reduction in weight to negatively affect how well a certain product works. In addition, we know that claimed weight differences and actual weight differences are often also quite different. Finally, we feel that it is necessary to compare the savings with other options available. We suggested putting the \$85 difference toward something else that will make a more significant impact (such as a good bike fit or a pair of racing flats for shorter races). When Carson, our mechanic, noticed that box states that the Nokon cables are used in the Tour de France, he pointed out that so is doping, but he wouldn't recommend that either.

Written in collaboration with Carson Gentry, Service Manager at Inside-Out Sports.

Cid Cardoso, Jr., owner of Inside Out Sports, has been doing triathlons for over twenty years. Last October, he competed in his 21st Ironman—his sixth appearance at Kona. A veteran of ultramarathons, he has competed in Team RAAM twice. He has seen equipment evolve with the sport and continues to test new products to assess their impact on performance. He trains, works, and resides in Cary, NC, with his wife, two daughters, and son. You can reach him at cidjr@insideoutsports.com.

The distinctive-looking Nokon housing is constructed of individual, corrosion-free aluminum beads joined together and fitted around a fiberglass reinforced Teflon liner. Manufactured in Germany, the housing is available in silver and black and for around \$10 more in white, blue, red, and gold. The actual cables look like conventional stainless steel ones but a little thinner in diameter. The benefits of such systems are that one can use the same housing for gear and brake cables (which is not the case with standard housing), that the Nokon housing is more resistant to kinking and rusting, and that it is lighter than traditional housings in the market.



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Keeping Your Knees Fit for Competition

BY BRIAN SCHIFF, PT, CSCS

Anterior knee pain, otherwise referred to as chondromalacia, patellofemoral overload, and patellofemoral pain (P-F pain), affects several groups in our society. This diagnosis typically involves inflammation and/or degeneration of the cartilage behind the kneecap as well as the articulation between the patella (kneecap) and the femur.

Females are often more prone to P-F pain due to anatomical differences, which may include a wider pelvis, increased tibial torsion, excessive lateral tilting/tracking of the patella, and improper quad/hamstring strength ratios.

How do you overcome this and prevent it from interfering with your training? Essentially, you need to address the following:

- The right footwear that matches your arch and foot mechanics
- Routine foam rolling and flexibility work to resolve muscular tightness
- Proper strengthening for the hips and knees to ensure optimal body alignment
- Adequate rest and recovery based upon your own body's training threshold

Many endurance athletes prefer not to get

training to improve hip and knee strength to reduce patellofemoral pain with repetitive training. Toward this goal, I have included three easy exercises you can do at home:

- 1. SINGLE LEG SQUAT**—stand one leg and squat down extending your fingertips toward the floor



ABOVE: Single leg forward and backward reach

caught up in going to the gym to workout, as they prefer to be running, swimming or cycling. However, strength training is critical for injury prevention and optimal performance. The best part of all is that you can accomplish great workouts simply using your own bodyweight.

Consider research published in the *Journal of Orthopaedic and Sports Physical Therapy* in 2003, where Powers et al. determined that patellofemoral joint forces with squatting are significantly greater with external loading versus body weight only in flexion angles beginning at 45 degrees during eccentric loading (lowering down) while peaking at 90 degrees) and concentric loading (rising up) at 90 and 75 degrees.

What does this mean for you? Essentially, if you are a runner and suffer from this type of pain, you may want to limit deeper range of motion with squatting and/or consider limiting the amount of external loading as well. More so, you should be doing single leg training keeping this same information in mind.

With running, you are constantly impacting the ground with all of your weight on one leg. Hence, it makes perfect sense to use single leg bodyweight

while keeping your knee in alignment with the foot at all times. Squat only as far as you can comfortably. Return to upright each time. Perform 2–3 sets of 10 repetitions on each leg.

- 2. SINGLE LEG STIFF LEGGED DEAD LIFT**—stand on one leg (knee slightly bent) and bend over at the hip keeping the back flat throughout until a stretch is felt in the hamstrings. Perform 2–3 sets of 10 repetitions on each leg.

- 3. SINGLE LEG FORWARD AND BACKWARD REACH**—stand on one leg and reach the opposite heel forward as far as you can while keeping the stance heel flat and then move the leg backward pointing the toes as far back as possible, maintaining balance the whole time. Continue moving forward and backward for 10 repetitions making sure the knee of the stance leg is in line with the foot at all times. Repeat 2–3 times on each side.

Brian Schiff, PT, CSCS, is a sports physical therapist and supervisor at The Athletic Performance Center in Raleigh. For more information on their services, visit the APC online at www.apcraleigh.com or www.apccary.com.

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LUNGE WITH QUADRICEPS STRETCH

BY SAGE ROUNTREE

In the past months, we've been working through stretches from a split-stance lunge. This month's version builds on those. If you're just resolving to try yoga, no problem—just work toward this position wisely, stopping when things get intense.

This version of the lunge with the quadriceps stretch will build strength, flexibility, and focus, the important trinity for balance in yoga, in sports, and in life. From the low lunge position, you'll slowly come up to balance with your hands on your front knee. If this feels steady, your front shin is perpendicular to the floor, and your hips are pretty low, you can try adding the quadriceps stretch.

Roll off the kneecap of the back knee and onto the base of the quads. If you can reach the foot with the same-side hand, great. If you can't, try using a strap, belt, necktie, or dog leash to make that connection. If you are overeager in your attempt to connect your hand and your foot, you might induce some hamstring cramping. Back off, breathe, and try again later.

Once you have the foot in the hand or strap,



square your hips and shoulders to the front again, and enjoy the stretch in the back-leg quads and hip flexors. Keep your front leg both strong and relaxed, and stay for five to ten breaths before releasing and repeating on the second side.

Sage Rountree, PhD, is Runner's World's expert on yoga for athletes and is the author of numerous books and articles on yoga and triathlon training. A USAT-certified coach, she is co-owner of the Carrboro Yoga Company (mycyco.com), which will hold a yoga teacher training beginning September 2011. Find her class, clinic, and workshop schedule, as well as many yoga and training resources, at sagerountree.com.

CORE CORNER

OBLIQUE REACHES WITH STABILITY BALL

BY ELIZABETH TOWE

Objective: Rotate the shoulders and torso without causing a shift in the pelvis and legs. This will help hold good upright posture when running. In swimming, this helps hold stable posture as you reach with hand to enter the water.

Exercise:

- Begin by lying on your back, holding your feet straight up in the air. Place the stability ball between your ankles, gently engaging your adductors (inner thighs) to hold the ball in place.
- Take your hands back behind your ears (do not clasp hands behind your head—this puts too much pressure on the cervical spine) and keep your elbows wide.
- Begin the movement by taking the left hand and reaching toward the right side of the ball. Keep the right shoulder blade on the floor, but feel how the ribcage rotates as you reach and roll over the flat surface of the shoulder blade.
- Continue the fluid movement by reaching the right hand toward the left side of the ball. There should be a brief pause at the top of the reach before continuing to the other side.
- Repeat this 15–25x on each side for 2–3 sets. For increased challenge, take the legs slightly lower and keep the lower back neutral and stable.



Elizabeth Towe is a runner and a cyclist and the owner of Balanced Movement Studio in Carrboro. She graduated from East Carolina with a degree in exercise and sports science and has been personal training for over 20 years. Her ultimate goal for all of her clients is to help them realize and achieve the optimal quality in their life—and to remember to have fun doing it.

MASSAGE



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As a licensed massage therapist, lifetime athlete and marathon runner, John Stiner believes it is his role to help you heal yourself. New to the Triangle region, John has worked with some of the most elite athletes in the world, ranging from the Nike Oregon Project and the Australian Olympic Freestyle National Ski Team to NCAA runners and divers. Employing a host of deep tissue massage techniques such as muscle release, myoskeletal alignment, and other pain and stress management skills, John is well qualified to meet the training needs of recreational and competitive athletes alike. Stiner Massage, Feel the Difference!!

PERSONAL TRAINING



Jason Garrard, CPT
 www.z-fit.net • (919) 259-6398

Z-Fit is the premier in-home personal training service in Chapel Hill, Durham and Raleigh. Head trainer Jason Garrard, CPT, is a Movement Therapy Specialist, Z Health Master Trainer Candidate, and a Crossfit Kettlebell Instructor. Winner of the recent "Fittest Man in Washington, DC" contest, Jason has mastered the arts of mobility restoration,

integrative movement capacity, and elite athletic development. As a Crossfit Kettlebell Instructor, he uses dynamic training methods and equipment to produce rapid, injury-free results. Want to run faster? Jump higher? Lift more weight? Jason and Z-Fit will teach you how!

PHYSICAL THERAPY



Brian Diaz, MPT, CSCS
 4221 Garrett Rd. Ste 2, Durham, NC • 919-493-1204 • www.activeedgefit.com

ActiveEdge Fitness & Sports Performance was established in January 2004, but its vision has existed for years. As a former college athlete, a current physical therapist, and personal trainer, and a wellness enthusiast, founder Brian Diaz has had his eyes set on the ActiveEdge concept since he received his Master's degree in Physical Therapy from The University of Iowa. Brian specializes in sports and orthopedic rehabilitation utilizing a blend of hands-on manual therapy and soft tissue mobilization techniques, functional movements and challenging cross-training and preventive programs. High-level athletes are also instructed in advanced agility and sport-specific drills.



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Tomato Pesto WHOLE WHEAT PENNE

BY BRANDON MCDEARIS

When my good friend and local Registered Dietitian Carol Land recently gave me an abundance of **BASIL** out of her garden, I began to think quickly about how to make use of every little bit before its short life on the shelf came to an end. Once you pick fresh basil, then the clock starts ticking rapidly, and there is not long before you are left with a soft, wilted, and brown corpse of a plant. In addition to whipping up a batch of basil oil, I also decided to make the **CLASSIC PESTO SAUCE**. Pesto is great to have on hand in the kitchen, because it can be an easy fix to a quick meal, when used as a spread for a sandwich, a marinade for fish and chicken, or as a way to season vegetables. It also keeps well in the fridge and can be frozen for months. If I come home after a long day and need a healthy meal prepared in a few minutes, then I am almost guaranteed to have the ingredients sitting around to throw together a tomato pesto pasta. This recipe can be a filling entree, especially if prepared with chicken or shrimp, but it also makes a great side dish that is an excellent source of fiber. *It serves 8.*



INGREDIENTS & DIRECTIONS

PESTO

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste

1. Combine the basil in with the pine nuts and pulse a few times in a food processor. Add the garlic, pulse a few times more.
2. Slowly add the olive oil in a constant stream while the food

processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Makes 1 cup.

NOTE: *If you have spinach or arugula sitting around the fridge that needs to get used up, then adding it into your pesto is a great way to make use of it, and a great way to slip nutrients into your diet. Just make sure to measure them and adjust the rest of the pesto ingredients accordingly.*

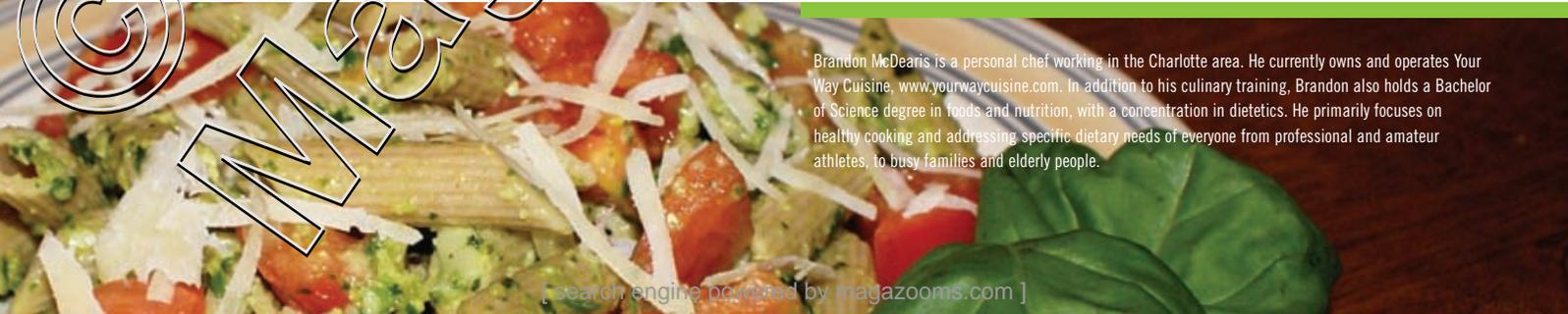
WHOLE WHEAT PENNE

INGREDIENTS

- 12-16 oz. whole wheat penne pasta cooked according to package directions
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 3 Roma tomatoes, medium, diced
- 3/4 cup white wine
- 1/2 cup pesto
- salt and pepper to taste
- 3/4 cup Parmesan-Reggiano or Romano cheese

DIRECTIONS

1. While boiling the pasta, sauté the onion and garlic in a pan at medium-high heat until it becomes soft and translucent. Toss in the tomatoes for about 30 seconds, add the white wine, and continue tossing for another 30 seconds.
2. Remove from heat and set aside until pasta has been strained. Then add the mixture to the pasta, along with the pesto. Mix thoroughly, season with salt and pepper, and then top with Parmesan/Romano cheese.



Brandon McDearis is a personal chef working in the Charlotte area. He currently owns and operates Your Way Cuisine, www.yourwaycuisine.com. In addition to his culinary training, Brandon also holds a Bachelor of Science degree in foods and nutrition, with a concentration in dietetics. He primarily focuses on healthy cooking and addressing specific dietary needs of everyone from professional and amateur athletes, to busy families and elderly people.

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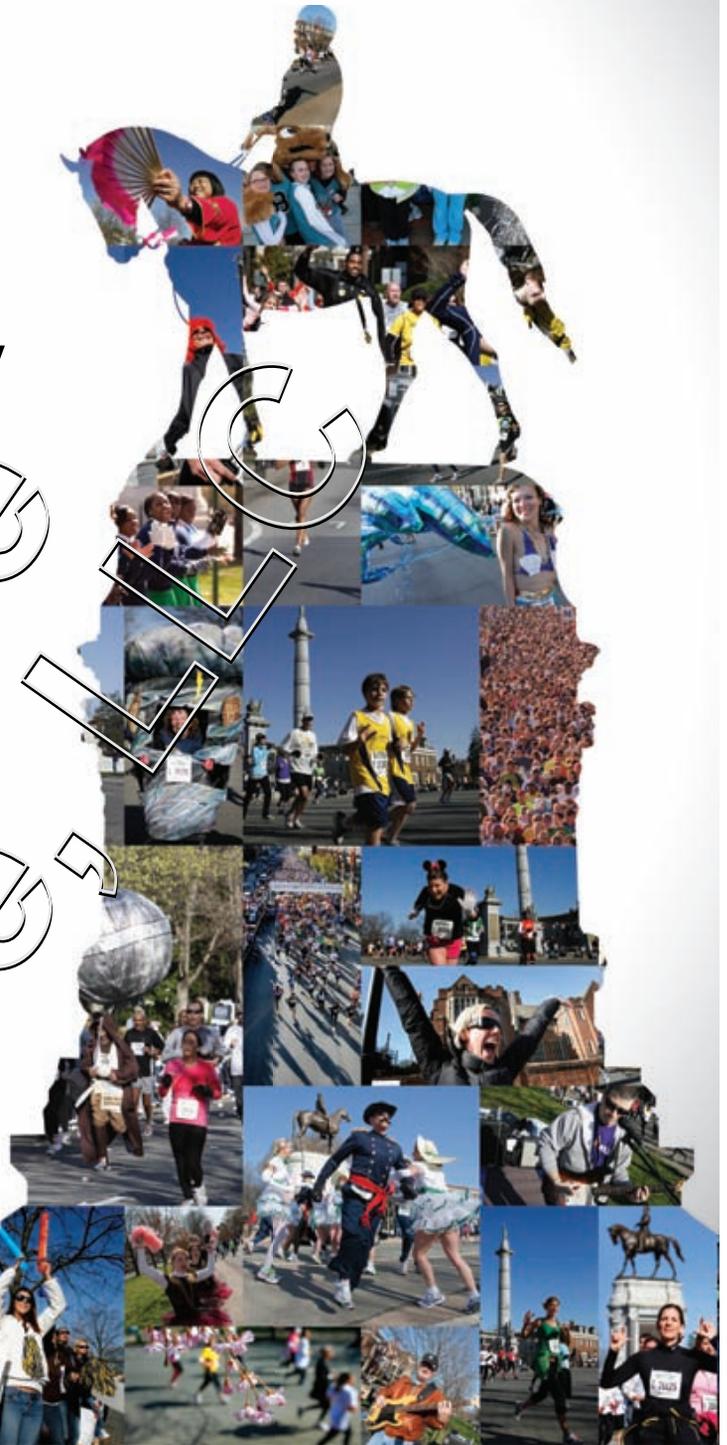
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