

➔ Race Highlight: Mooseman



James Gray braves the rain to complete both of last weekend's Mooseman races. James is prepping for Ironman Lake Placid in July.

June 5's Mooseman race ended up being a little crazy for some BTC members after a lightning storm turned into race delays and later into a bike/run time trial. On top of the bad weather, BTCers Andria Bouskos, Ben Stockman, Meghan Gallagher, Terri Delese, Andrea Wagner and Alison Shames dealt with a car breakdown on their way up to New Hampshire, resulting in two wrecked bikes that fell off during the towing. Luckily the weather cleared later in the day so they could enjoy a nice swim, bike and run.

In related news, James Gray completed both the Olympic and Half distances, suffering through rain and mud on the way (see left).

Bike Maintenance Clinic



Ride Brooklyn owner Pete demos how to change a flat, among other quick maintenance fixes.

iBike special! 15% off until Monday, 6/14. Call Pete to order over the phone or stop into Ride Brooklyn.

More than a dozen BTC members came to Ride Brooklyn for a basic bike maintenance clinic June 3. Pete showed everyone how to change a flat, lube a chain and make minor gear adjustments. A rep from iBike (ibikesports.com) also explained his snazzy product, which is available at a 15% off discount until 6/14. We hope to do more clinics with Ride Brooklyn in the future, so check the website for updates.

Nutrition Tip of the Month

How to Fuel For Going Long

At this time of year, the combination of warmer weather and impending race dates makes it easier to get out for longer workouts. Planning your fueling before you head out the door to not only increase your endurance capacity, but also the enjoyment of your workouts and recovery thereafter.

Athletes cannot (and should not) attempt to completely replace losses during exercise. Your goal is to take in enough fluid and calories (from mostly carbohydrates) to keep you moving forward and feeling as good as possible, but not to overeat and cause more harm than good—GI distress, bloated stomach, dead legs or unwanted weight gain from excessive calorie intake.

Here's a quick checklist to refer to before you head out the door this weekend:

- Hydrate!!! Carry and drink at least 1 bike

water bottle per hour of activity

- Conduct a "sweat test" during several training sessions in order to pinpoint YOUR specific sweat rate and fluid intake needs

- Include carbohydrates *during* any workout > 1 hr

- Add sports drinks, gels, energy bars, fig bars to meet your total calorie needs

- Aim for 30–60 grams of CHO/hr during activity (150-300 calories/hr.)

- Adjust goal intake based on: GI tolerance, environmental conditions, performance

- Consider adding salt tablets if hot and humid or history of muscle cramping

- Take notes, adjust as needed and seek help if you really want an individualized plan for peak performance



Lauren Antonucci, MS, RD, CSSD, CDE, CDN, is a Registered Dietitian and Certified Sports Dietitian, 10x marathoner, 3x Ironman triathlete and owner/director of Nutrition Energy.

What 30-60g of carbs looks like:

- 1 Banana/30g
- 2 Fig Bars/21g
- 8 oz Gatorade/15g
- 1 Gu packet/25g
- 1 Energy Bar/45g

For more tips or to schedule an evaluation, call 646-361-6803 or send an email to info@nutritionenergy.com. BTC members receive **20% off** an individual evaluation and/or Resting Metabolic Rate test at Nutrition Energy. Insurance is accepted.

Training Tip of the Month

Regulating Cadence

An effective way to optimize your performance is to regulate your cadence. Athletes have a tendency to relax on downhills/in tailwinds and overwork on climbs/in headwinds, allowing cadence to vary wildly. This can lead to losses in time and may compromise your legs for the rest of the race. Surges in effort can lead to higher heart rates, nutrition complications and cramping. Keep a consistent, comfortable cadence (even with wind and elevation changes), and you'll have a better time, better power output, and your legs will be fresher for the run.



Greg Close is a certified USA Triathlon Level 1 coach, Level 3 USA Cycling Coach and a POSE running instructor. He is holding a free Pose Clinic at JackRabbit on 6/22. Check out his website at triby3.com.

We're an NYRR team!

Now when you register for a race with the New York Road Runners, select Brooklyn Tri Club (code BKTC) from the dropdown menu, as we're now considered an area team. NYRR has scored races throughout the year for races 25K and under. In the future—perhaps the tri-off-season—we may select a few races for Brooklyn Tri to participate in as a team. Go Brooklyn!

Uniforms June 17

The new uniforms will arrive at Slope Sports on June 17. You'll be able to pay for them at the store. Check the website for the latest.



Summer Masters

A new five-week session will start June 18 and go through the end of July. The cost is around \$150 to accommodate for the shorter time period. For more details, visit berkeleycarroll.org.

➔ Spotlight on...

Michael Perlberg



Michael battling it out at a cycling race.

-Interview by Amy Lombardo

When got you started in triathlons?

I started doing tri's in the summer after my freshman year in college, so 2002. I was an okay runner in high school but I had taken a whole year off, gotten a bit chubby, and couldn't make it through a 3-mile run with the girls from my dorm. My high school friends were doing a sprint tri in South Jersey so I bought a used road bike, trained a little bit, and took second in 19 and under. My friend ran something like a 16 minute 5k and caught me about 600 yards from the finish. I wasn't happy about that. I beat him the next race :)

What keeps you motivated to train?

I really just enjoy being out there, especially

in nice weather. I've learned to love running and biking and really just enjoy the stress relief and being with friends (when I can find training partners). I used to get very serious about my training but I find myself more motivated if I just take the time to step back and enjoy it.

When you're not training, you're...

Cooking a delicious meal with my girlfriend Bo, or teaching and planning lessons.

Do you have a favorite race moment?

Probably two: 2004 Santa Cruz Sentinel Triathlon. I did about a 2:10 olympic distance and took 18th out of about 1,000 people. I won my age group. I got a cool pelican trophy. It was kinda an oh-shit moment—I can do this stuff and be pretty fast at it. Until then my results were pretty middle of the pack and I struggled at least once per race and slowed down on the run. This time I raced the whole thing and finished strong. It was a cool experience

The other one is probably ironman Florida 2007. I was 4th in my age group and did a 9:44:18. But that in itself isn't what I'm most

proud of. It is the fact that I was a mess for 75% of the run but managed to mentally hold it together and finish strong. I was in a world of pain. Running 9-minute miles felt like a sub 5:30 effort. It hurt so bad. I could have walked and finished in 10:30 easily. So I'm proud for sticking it out when things weren't going well at all.

What are your future race plans for 2010?

Eagleman 70.3 June 13, a bike race (Housatonic Hills) and IM Lake Placid. I'm going to travel most of August and then regroup and see what I can do in the fall. I'll probably do more bike racing and possibly buy a cyclocross bike and give that a try.

What is your favorite carbo load meal?

I just eat constantly. It usually involves pasta but I try to make sure it is well balanced. Beer helps too.

What is your dream place to train or do a race?

Any place with mountains and hills and not many cars. I love going upstate. I miss training in Berkeley too. But really, I spend so much time in Prospect Park I forget what is out there.

Deals and Events From Our Sponsors



Check out the free Pose clinic with Greg Close on 6/22. And look to the website for the next BTC club night when everything is 15% off!
jackrabbitsports.com

Discounted massages with Leslie Goldblatt Denunzio!

- (917) 834-6826 • lesliemassage.com
- Lesliemassage@mac.com

For BTC Members:

- \$80 for 60 minutes, \$120 for 90 minutes
- 30-min sessions (\$40) are available after you have been once for a full hour, and include legs only, or neck/back/shoulders only.



We get great discounts on XTERRA's 2010 product line. Contact jonathan@brooklyntri.org for discount codes!.



Members get discounts on Gu products. A bulk order will happen three times a year, the first one coming soon!



BTC receives **5% off** bikes, **10% off** everything else in the store excluding labor and Garmin products. **\$59.99** tune-ups. **RideBrooklynNY.com**.

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Stop in to pick up a uniform after June 17 and get our discount of 15% off store merchandise!
slopesports.com

BTC members receive **20% off** nutrition evaluations and/or Resting Metabolic Rate (RMR) testing at Nutrition Energy.

Call 646-361-6803, or email info@nutritionenergy.com.



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