



# Stanford Triathlon Team

## Winter 2009 Newsletter

### Race Reports

#### Salmon Duathlon

November 2008

*Evan Pickett*

Eleven brave Stanford souls risked exposure to actual weather on Saturday morning and traveled to Knights Ferry for the 12th annual Salmon Duathlon. With wakeup calls as early (late?) as 4 a.m., we made our way east across the state, and arrived more or less on time at Knights Ferry State Park around 7:30 a.m. Saturday morning. All 11 racers were doing the full duathlon - a 5k run, 30k bike, and 2.5k run.

Thankfully, the rain mostly held off, and the biggest challenge was a ripping tailwind out/headwind back on the bike course. After the race, in which all Stanford performers put in exemplary efforts, we enjoyed a team lunch at the 50's roadhouse, a restaurant on the run course. (Although you certainly don't notice it during the grey pain cloud that is the run.)

Check out the full results here:  
<http://onyourmarkevents.com/results.asp?id=2105>

#### Quick Results

We had good representation on the men's side, with Federico, Bryan, Mark, and Charles finishing 6th, 7th, 8th, and 11th, and sweeping spots 1-4 in the 20-29 age group. Carlos took third in the "you're still in school?" age group of 30-39, finishing 17th overall. Ron and Cyrus finished 27th and 30th overall, rounding out some Stanford dominance at the top of the leaderboard.

On the women's side, Ellen D. won her age group while finishing 19th overall. Nellie Olsen put in a monster effort (at least I think so - given how fast she took off on the second run, maybe she should have gone harder on the bike!), winning the 20-29 age group and finishing 3rd overall. Edith just missed a top 10 finish at 11th overall.

#### Race Recap

This was my second shake at the Salmon Duathlon. It was my introduction to multisport last year, when I finished 7th in 1:20:56, after cracking badly on the second half of the bike leg into the now-familiar headwind. I figured I could do a 1:17 even with better pacing and better run fitness. This year, I knew that headwind would be there, and I made sure to pace myself on the run and on the way out on the bike. I came in after the run somewhere around 5th. Scott Bolin, last year's winner, was in first place. I clicked my watch on as he went by on the run out, and knew I was 1:40 down coming out of the first run.  
*(continued)*



A few km into the bike, and after nearly overcooking a turn into the gutter, Scott was the only guy on the road ahead of me. At the turnaround, I had narrowed the gap to 30 seconds, with 15 km of savage headwind still to come. I caught him about 1/3 of the way back, and knew that it was time to really give it the beans - if I didn't put a minute or more into him in the remaining 10k, he'd catch me on the run. The best way to ride into a headwind is to hunker down and remember that everyone else is facing the same wind - in fact, it's probably worse for them, because they haven't spent hours working on their aero position and years working on core strength so they can stay in an aero tuck for hours at a time. If you HAVEN'T done all that, pretend that you have, and grit your teeth just the same.

I came into T2 about 1:30 up on Scott. My legs were wobbly as I started the run - had I gone too hard on the bike? Did I have enough left? I looked over my shoulder every 50 strides or so, sure that Scott would come blazing by, not even breathing hard. At the bridge, I had more than a bridge-length. At the hill, I had 2/3 of the hill. At the downhill, I had most of the downhill. As I made the right hand-turn towards the finish, I heard someone panting behind me - crap, did he catch me? had he stashed his rocket skates in the bushes or something? - no, that's just Charles finishing the bike. Whew. I crossed the line in 1:17:23, 18 seconds ahead of Scott, and close to my goal time, in much windier conditions. Not bad! I was happy to see so much improvement over last year, and I was thrilled to be able to stick to my race plan so well - and have it pay off.

## North Face Challenge

**December 2008**

*Kath Boyer*

You may have noticed a few missing teammates and alum/coaches from the winter formal this weekend. The MIA group wasn't lost, just prepping for the North Face Challenge Saturday morning.

After work on Friday, Kendall, Katy, Rachel, Sarah Lux and our sherpas Dan G and Rob Hansen, headed up to Marin for a pre race pizza dinner and then to the Marin Hostel. Rachel had the super idea of booking dormbeds at the Marin Hostel, which is only steps from the race start. This avoided a 3 am wake up call and huddling in the freezing cold waiting for the race to start.

Katy, Rachel, Sarah and myself tackled the slightly too long half marathon race. It was a challenging course with 2500 ft of climbing but offered some spectacular views of the Marin hills and the ocean. Despite the challenging hill, all raced well.

Katy placed 5th in age group, Sarah 7th in age group, Rachel 17th in age group (and no ankle sprains!) Kath [author] was 1st in age group, 5th female overall.

Kendall, however, made us all look lazy and despite staying in the hostel still had a 4am wakeup call. He completed the \*50 MILE\* race, yes you read that correctly, your track coach extraordinaire completed \*50 MILES\* of running in 9 hours and 42 minutes (17th in his age group, 42nd overall) and was still smiling and happy at the finish. To make this achievement even more spectacular he did all of this despite spraining his ankle on a 2 mile jog Thursday night. Make sure to congratulate him when you see him — this is a crazy and amazing achievement!

## San Francisco Triathlon at Treasure Island

**November 2008**

*Mark Johnson*

SUTT was represented by a couple of 40-something staffers at SF Tri at Treasure Island this morning. Todd Logan rocked (as in loud, fast rock'n'roll). He finished the olympic distance course with a blistering 2:22:56 time, good for 6th in a very competitive 45-49 age group and 32<sup>nd</sup> overall. I rocked as well (as in quiet, slow rocking chair), finishing with a 3:03:33 time, not-so-good for 29th in the 40-45 age group and 283 overall. There were 450 age group participants.

In the draft-legal pro race, Victor Plata won the men's event in 1:54:29. USA Olympian Matt Reed finished 5th. Wow, he is tall. On the women's side, Sarah Groff won in 2:05:49. USA lymphan Julie Ertel finished 2nd in 2:06:44.

It's too bad the Cal Triathlon Team failed in their attempt to host the Battle in the Bay WCCTC event on this course last spring. It really is a great course, and it's so close! The swim is in a protected cove between Treasure Island and Yerba Buena island, and while the water was cold it wasn't very choppy. The bike ride is 6 laps on a relatively flat course, but it's full of cornering and utterly lacking long straightaways, so I thought it was a pretty challenging technical ride. And if it is not foggy, the views of the SF shoreline would have been stunning. Today, it was foggy.

Olympic distance race results are here:

<http://events.bazumedia.com/event/SFTRI2008#>

## Sacramento Cowtown Marathon

**October 2008**

*David Li*

This Sunday I raced the Sacramento Cowtown Marathon and won my age group (19-24) with a time of 3:18:55 for my first marathon. The weather was beautiful, and the two laps included a nice scenic park, the waterfront, and some kickin' bands. The race was well supported and only cost me about \$50. With cheap lodging thrown in (~\$40), I'd definitely recommend this as a local race for anyone looking for longer distances. I started training this summer and had never really raced anything longer than an 8k. With a bit of dedication, you can do your first marathon too.

You can see each of my 112 days of training here at my blog:

<http://hesrunning.blogspot.com>

# Tri Team Winter Masquerade

December 2008

*Alexa Merz*

As those who were there can attest, our Winter Masquerade was a booming success. Thanks to everybody who helped out beforehand, and thanks to everybody who came and made it fun! Notable moments from the event included intense flip-cupping, and our very own Jason Toth winning women's underwear in the gift exchange.



# More Winter Masquerade

*(Release of additional photographic documentation is being pursued under Freedom of Information Act legislation; all materials will be made available pending subpoena hearing results)*



# Treeathlon!

## March 7, 2009

### Port of Redwood City

Stanford's Treeathlon is a major fundraiser for the team, with several hundred participants from the bay area triathlon community. Please keep your calendar open—all team members will be encouraged to get involved in one capacity or another.

# Race Schedule

### Winter Quarter

- Sat. Feb. 1 - San Francisco 1/2 Marathon
- Sat. Feb. 14 - UC Irvine Zot Trot (backwards sprint)
- Sat. Feb. 21 - UC San Diego Tritonman (sprint)
- Sun. Mar. 8 - Stanford Treeathlon (sprint)
- Sat. Mar. 14 - USC Triathlon (sprint)
- Sun. Mar. 22 - UC Berkeley Bearathlon (olympic)
- Sun. Mar. 29 - UCSB / Kendra Chiota Payne Memorial Triathlon (WCCTC championships, olympic)

### Spring Quarter

- Sat. Apr. 4 - Cal Poly March Triathlon Series (olympic; may be changed to sprint)
- Sat. Apr. 11 - UC Davis Triathlon (sprint)
- Sat. Apr. 18 - USAT Collegiate National Championships (olympic)
- Sun. Apr. 26 - CSU Long Beach Triathlon (backwards sprint)

## How do I get involved?

### Getting started

Your first stop should be our website: [triathlon.stanford.edu](http://triathlon.stanford.edu). Check out the "getting started" page and the FAQ. The Stanford Triathlon Team is about promoting the "triathlon lifestyle" at Stanford and in the surrounding communities. From day to day, this means getting together with a great group of people and training for triathlons. The team accommodates a wide range of athletes, from casual weekend warriors to dedicated triathletes.

If you're a member of the Stanford community and want to start racing in triathlons or want some training company, we encourage you to join the email lists and check out the current training schedule on the website. (There are two lists; the "misc" list gets 99% of the traffic, while the regular list is mostly the coach's soapbox.)

### How to subscribe

Send an e-mail to [triathlon-join@lists.stanford.edu](mailto:triathlon-join@lists.stanford.edu) to subscribe to the main list, and [triathlon-misc@lists.stanford.edu](mailto:triathlon-misc@lists.stanford.edu) for the discussion list.

Alternatively you can subscribe online by visiting:

<https://mailman.stanford.edu/mailman/listinfo/triathlon>

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# triathlon.stanford.edu