

January 2008



MIDWEST ELITE news...

FROM THE DIRECTORS...

Dear Team,

I was walking out of my gym tonight, having just completed another tough core session with some MMA friends, and with heavy snow falling, and the thought of a long run in the morning, with more snow forecast, could have easily brought me down. You all know that feeling, coming from the Midwest, the doldrums of winter have hit, and its easy to feel down or unmotivated about training. For some athletes, their minds slip to thoughts of living in a warmer climate, or thinking that those athletes in California, and Florida are so lucky, and that the good weather gives them an edge. As a director, and as an athlete, I wondered, " I know I am not letting it happen, but what about the team? How do they feel?" And as I opened the door to my truck, I realized the one thing that all of us know deep down; its going to take a lot more than some snow and cold to stop us.

As Midwestern athletes, we possess a quality that athletes in the theoretic better climates will never have - the understanding and commitment to train in the worst conditions, knowing that the mental strength, in addition to the physical strength that comes from it, is what we can draw from during a hard race. We know, that when others start to crack because of difficult courses, or inclement weather on race day, we thrive, knowing, "We have seen worse." That mentality is what drives us, and in the end, lifts us above the rest.

How does this connect with the boys who beat me senseless at the gym?

Well, they are Midwestern boys too, training in less than perfect weather, knowing, that even if they don't have a fight coming up, just maintaining that fitness, pushing tires in the snow, running up the toboggan slides with weights on their backs, that's what will help them win the fight. While their competition trains in the California, or Las Vegas sunshine, their sweat forms icicles on their sweatshirts, pushing abandoned cars through empty parking lots. And as they look over, hearing the faint sound of feet on pavement, they see one of us, and together, we share a knowing smile and nod, the commitment, dedication and drive that we possess is what gets us out that door, and first across the line; the one with the hand raised in the ring.

So, this month as you trudge through another tough workout in the cold, remember, your fellow teammates do it with you, not only in spirit, but in truth, and in strength. Stay warm, and as always, Stay Strong.



Guy

SPONSOR NEWS!

Major Sponsors:

[Kiwami](#) will be the source for team uniforms.

[Scott Bicycles....](#)

[Rudy Project](#)

[GU](#)

[TP Massage Therapy,](#)

[Erin Baker's Wholesome Baked Goods](#)

[the Bike Shop of Glen Ellyn.](#)

[Yankz,](#)

[Saris/CycleOps](#)

[Possibly Zipp](#)

Additional sponsors:

[Fizik](#)

[ISM](#)

[Zensah](#)

[RoadID](#)

[Brett Petersen](#)

Check the forum for details..

TEAM 2009

The team roster for 2009 is as follows...

- Beth Atnip; Lexington, KY
- Eric Atnip; Lexington, KY
- Adam Brown; Aurora, IL
- Robyn Cagan; Chicago, IL
- Kattie Carpenter-Rosa;
- Sarah Demerly; Detroit, MI
- Kelsey Devereaux; Jackson, MI
- Greg Elsnic; Chicago, IL
- Jennifer Garrison; Naperville, IL
- Ronalyn Garvey; Hoffman Estates, IL
- Gary Geiger, Roscoe, IL
- Abby Geurink; Hudsonville, MI
- Rick Hammer; North Manchester, IN
- Jennifer Harrison; West Dundee, IL
- Todd Hart; Copley, OH
- Mike Hermanson; Schoolcraft, MI
- Scott Horns; Perrysburg, OH
- Greg Howard; South Bend, IN
- Stephen Janowiak; Carpentersville, IL
- Sarah Johnston;
- Lesley Kruzel; Holland, OH
- Tom Linck; Ada, MI
- D'Arcy Lynch;
- Chris Meyers;
- Andrea Meyers;
- Lisa Mueller; South Bend, IN
- Zak Noles;
- Gavin Nunns; Royal Oak, MI
- Guy Petruzzelli; Westmont, IL
- Steve Ratchford, Algonquin, IL
- Greg Reznich; Holland, MI
- Colin Riley; Aurora, IL
- Adrienne Saeger; Naperville, IL
- Kimberly Shaheen; Brecksville, OH
- MJ Slikas; Orland Park, IL
- Josh Smith; Muncie, IN
- Jason Smith;
- Rich Swor; Dearborn, MI
- Lisa Taylor; Laingsburg, MI
- Chris Toffalo;
- Christine Vincent; Jackson, MI
- Matt West; Ypsilanti, MI
- Tony White; Corbin, OH
- Abbey Woodard;
- Liz Young; Sylvania, OH

TEAM CAPTAINS...

Team captains were announced and are.....

Lesley Kruzel ,Female Captain
Gary Geiger, Male Captain

New Team Logo!!!!

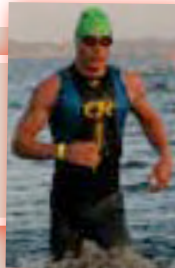


The team will have a new logo as shown above. We are doing co-ordinating helmet decals, wheel decals, and bike name decals as well. Look for the order forms to be posted in the forum, and an e-mail will be sent for all team members to order these items at a very reasonable price. Show the team spirit, and order these great looking decals. Get creative and even put one on your car window....



TRAINING 101...

by **Brett Petersen**, Team Performance Director



Hi Team,

Now that the holidays are over and we are in a new year, it is time to start focusing a little more on the race season that will be with us soon. While the season will be upon us sooner than we expect, it is still imperative that one limits sports-specific training to a degree in the near term to minimize the likelihood of physical and/or mental burnout later on.

Many of you are already commencing your 2009 racing. For those of you that are racing already, your training is unique in that technique focused training will be limited in comparison to those of you that are not racing until later in the spring and early summer. For those that are racing already, most likely your A race(s) is not until later in the year and you can still add a short workout a week where you are focusing strictly on technique. An example is a short 30-45 minute swim where you are working exclusively on drills and technique. This workout is on top of your regularly scheduled training plan, so the workout should be kept extremely light to avoid adding additional training stress to your workload.

During this time of year, the majority of athletes on this team should be spending a significant amount of time cross-training (e.g. snow shoeing, XC skiing, weights, elliptical, etc.), while starting to spend an increasing amount of time with sport specific technique training. I cannot emphasize enough the time that should be spent on technique training. All too often I see athletes fall into the "trap" of feeling the need to go out for long run after long run instead of focusing on run technique this time of year. If the athlete has already completed a high quantity of long runs throughout the season what purpose does multiple long runs in January serve? No purpose is served, unless the long run

is periodic (once or twice a month) to maintain a level of base and a significant amount of training is spent working on form.

So how does one work on technique? There are numerous ways. For running one can have a gait analysis performed (though the window of opportunity is closing over the next couple of months) and one can spend time working on drills and focusing on technique while running. If one cannot have a gait analysis performed, the run workouts should consist of technique oriented running and drills. An extreme example of this is Barb Lindquist. While training for the Greece Olympics one of her run workouts was a 90-minute run where she performed drills for the entire run, alternating drills each mile.

For swimming, one can have a swim stroke analysis performed and then focus on drills that address the needs found in the swim stroke analysis. If a swim stroke analysis is not feasible, then one should work on drills and technique. Bike technique work includes one-leg pedal drills and if the athlete has a computrainer, then focusing on spinescan work.

Clinic...

As mentioned on the Mideast Team Elite forum, there is an upcoming clinic the weekend of March 14. Please contact me directly to [RSVP](#) by Feb. 26. We must have at least 6 athletes attending this clinic. Here is the outline of the clinic:

Saturday March 14

6:00 a.m. to 1:00 p.m. Physiological testing. Each athlete can have either a bike lactate threshold test or run lactate threshold test performed. Location: 26 S. La Grange Rd., La Grange, IL *If an athlete wants both tests performed I am

available, Friday for test administration.

2:00 p.m. to 5:00 p.m. open house at Neurobehavioral Medicine Consultants. Location: 640 E. St. Charles Road, Suite #212, Carol Stream, IL. Dr. Patricia Pimental, Dr. Mia Gregor, Dr. Kelli Riedl and several doctoral externs will speak about:

- The PEAQ Program (Performance Enhancement, Achievement, and Quality)
- Introduction to the clinic proper, tour, services
- Introduction to mental training for peak performance;
- Introduction to and demos of the Alpha Chamber, a performance enhancement instrument which is a large chair that isolates 75 to 85% of all sensory stimuli and allows for much more rapid focus and relaxation in order to accomplish performance goals.
- Discussion of any testing and/or research based studies and /or projects that the athletes may wish to participate in.
- Dinner will be catered in.

Sunday March 15

10:30- 12 noon Swim Clinic at the University of Illinois West Campus Pool. Location: 828 S. Wolcott, Chicago, IL.

- Athletes will participate in a coached swim workout
- Swim stroke feedback will be provided from the pool deck.
- All athletes will be videotaped above and below the water.
- All athletes will receive an individual swim stroke analysis on CD using Dartfish software. The analysis will be saved on CD and participants will receive the CD within two weeks of the swim clinic.

2:00 p.m. to 3:30 p.m. Triathlon pacing seminar by Guy Petruzzelli and Jennifer Garrison. Location 26 S. La Grange Rd. La Grange, IL

SPONSOR "QUICKIES"

This month we'll feature ISM Adamo and a few products from [Dave Bunce](#).

As athletes, we are logging in some major miles on our bicycles. It's important we have a saddle that is comfortable. Saddles are very individual and what works for one might not be the "magic" you've been looking for. But when you find that right bike seat, ahhhhhhhhhhhhhh.

ISM has had some major success with our Adamo Road® and Adamo Racing® saddles in 2008. Our professional athletes won 11 Ironman events, 2 Silver medals in Beijing, the World Duathlon Championships, the Lifetime Fitness Series, and 3 top ten finishes in Kona and Clearwater. These athletes, much like ourselves, demand performance and comfort from a saddle. ISM's top selling seats are the Adamo Racing® and the Adamo Road® models (pictured to the side). Both saddles use the same medical proven base but offer different amounts of foam and gel. The Racing saddle has titanium rails and ultra light foam with gel pads at the main contact points. The Road saddle uses thicker foam, gel

covering over the front 2/3rds of the saddle and cr-mo rails. Both allow for total relief on the soft tissue area in both men and women.

Thanks to Gary, our other featured product is the newly created Quick Draw™ water bottle holder. Designed in the wind tunnel, the Quick Draw™ allows the rider to stay in the aerobars while reaching back to grab the bottles (check out the tunnel testing photos on our gallery page). The bottles are angled forward and outward because this is where we found the least amount of drag and the most natural feel when reaching for the bottles. It also minimizes launching bottles when you hit a bump. Nothing like reaching for your fluids only to find they aren't there.

ISM products will allow you to ride your bike with a smile on your face.

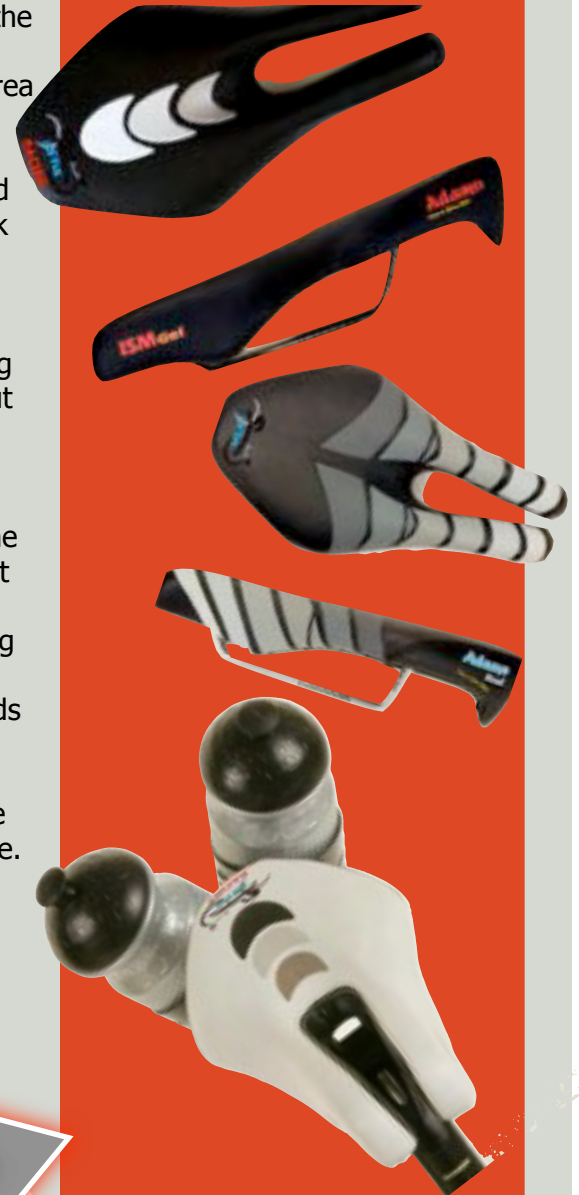
See ya at the races!

Dave
dave@ismseat.com

The
new QUICK-
DRAW!!



ISM PRODUCTS...



Part of the lineup.....

Above are the Adamo Racing, and road saddles, but there are a few more on the website. They are also available in a variety of colors! Also pictured is the new "Quick Draw" rear bottle holder.

For more info:

<http://www.ismseat.com/>

Featured Manipulation: The Soleus

The TP Footballer is the foundation for maintaining a healthy body. Allows for better elasticity in the lower leg to relieve foot and ankle pain and improve overall biomechanics from the ground up.

You need:

- The Baller Block
- The Footballer



The set up:

- Sit on the ground - on a level surface.
- Place the Baller Block in front of you.
- Rest the Footballer on the far edge of the block.



The manipulation:

- Start with the leg on the Footballer in a neutral position.
- Bring the knee up slowly as you take a deep breath in. Slowly relax the knee as you let the breath out. Repeat for a total of 4 reps.
- Then, rotate the foot slowly in a circle 4 times while breathing deeply and maintaining pressure on the area being worked.
- Always keep the bottom foot completely relaxed in order to get the benefit of this manipulation. Also, deep breathing is essential in order for the manipulation to work.



For more details, see ttherapy.com

MENTOR PROGRAM...

For 2009, we have a lot of new faces. As such, there are several of you who are a bit timid to make comments or ask questions. That has prompted us to create a mentor program. The goal of the program is to get newer or younger athletes questions answered, and more direction with the team and racing in general. To achieve that, here is what we are looking for -

1. Mentors - people with 3-plus years of multi-sport experience who can help direct athletes or answer questions regarding the team and the sport.
2. People who need a mentor - there is no crime in asking for help. The crime is in allowing the help pass you by, b/c you were too afraid to reach for it. I have always said this team operates like a family, so, asking for help is something I encourage. This is your time to do so. Ask for help.

Please post as to whether you would like to mentor or if you would like to get help. For those in need of help or advice, some have already indicated their willingness to participate, so PLEASE contact them, either via the forum, private message, or e-mail. We have years of experience on this team, from Kona to World Championships, and now, even the pro level. Utilize this most precious of all of the benefits this team brings you. It will definitely save you time, and help you attain the goals you've made for yourself. For those serving as mentors, know that we all appreciate your giving in this way.

WHAT'S HAPPENING...

Check off as you complete!

Sign up for Performance Camp! We have an incredible weekend camp planned, that is more comprehensive than most you would pay a lot for. Team members are able to attend FREE!!!! Don't pass it up....check the forum for details, and contact Brett to sign up.

Volunteer for your team! Go to the forum, and contribute! This team need ALL members to feel like they are a part, and a good way to stay up on things is through the team forum. Use it!

Team CD being developed. Last year we all contributed training and racing songs to make a team playlist. There are separate training and racing lists, so go to the forum thread to add your selection. We'll have 3 versions for the differing musical tastes.

Order your Mideast Elite Team decals....information will be out soon. You will be able to proudly show the team colors off with wheel, helmet, bike and name decals that match the team kit and logo.

State Reps needed for each state to gather and distribute gear, and keep the lines of communication going. See the forum for details.

Kiwami gear is ordered. We are awaiting the costs, based on our order. The kits will be delivered with the logos on and we'll certainly look very sharp!


Post your favorite workouts. The team is helping you find new ways to torture yourselves....check it out.



Tired of your swims feeling like this...


[Brett Petersen has the answer with his swim clinics. Sign up for the performance camp and smooth the water.](#)

Upcoming Events....

 JCC Swap Meet; Indianapolis, IN; Feb 1, 2009

 Performance Camp; March 14-15, 2009

 Training camp, NC...April 12-17

 Team Car Wash, May 23-24, Maumee, Oh

 Florida 70.3, May 18

See the forum for details

Team Results.....

Please check the team forum at <http://www.mideastelite.com/> for more info, and the latest!

Who we are...

Mideast Team Elite is comprised of the 40 best male and female athletes in the mideast region - illinois, indiana, kentucky, ohio and michigan. our goal is to not only race competitively at both the pro and elite amateur level, but to be ambassadors for the sport; constantly encouraging others to get involved, promoting the sport, and reaching out to our respective communities to spread the word of living a healthy lifestyle. These amazing athletes are not only fierce on the course, but they are unique in their dedication to this team and each other.

MIDEAST ELITE