

Are You Ready for the Treeline Triathlon?

By Lee Borrowman

Did your New Year's resolution include getting into shape? Or perhaps your Bucket List reads, "Compete in a triathlon!" The 2nd annual Moraga Treeline Triathlon will be held on April 26, 2008, and this year Moraga Parks and Recreation and Race Director Carl Martin are offering a Triathlon Training Program.

The six-week course is for beginners and pros alike, and gets you started on a thirteen-week training program. Topics will include endurance training, interval training, swim form, bike training, running regimens and nutrition. Martin, a veteran triathlete, explains his training philosophy: "I call it my 4D philosophy. The 4 D's are dedication, discipline, determination and desire. I triangulate the first three (correlating it to the "tri" pyramid of swim, bike and run) with the desire component in the middle. My goal in the training class is to re-program the mind (the computer) that runs the machine (the body). The electricity that runs the whole thing is the desire, so we will spend time talking about motivation and inspiration."

According to Martin, the first two days of the course will be focused on swimming; one day on form and efficiency, the other on cardio conditioning and building endurance. The third and fourth classes will focus on cycling, with a discussion of bike fit and riding form. Martin will bring in two experts for a demonstration and fitting, and the following week participants will work on building miles and take a long ride to-

gether. The final two days will be about running, endurance and will tie the whole package together.

"Interspersed throughout the six classes, we'll talk about stretching, breathing, rest, avoiding injury and a host of other topics," says Martin. "I've put together a lot of content that expands far beyond just triathlon training. It's more like six personal training sessions that have a triathlon focus. Participants must come prepared to learn and sweat because it's a very hands' on program that includes a minimum of 45 minutes cardio each of the six classes."

Class meets at the Soda Center utilizing the pool, Campo track and outlying areas for training and conditioning; six Saturdays starting this week (1/26-3/1), 8:00am-9:30am. The cost of the course is \$82. For more information or to register on-line go to: http://moraga.ca.us/production/moraga_recreation_programs.php



Friends and neighbors, Treeline Triathlon Race Director Carl Martin claims, "I can turn *anyone* into a triathlete in thirteen weeks." Big words, says yours truly! Not one to back away from a challenge, Martin has accepted the most daunting assignment of his athletic career -- turning this out-of-shape, over-forty mom, with a dubious lack of athletic prowess, into a triathlete (okay, maybe not a *competitive* triathlete -- just crossing the finish line will be good enough for me). We'll see you in training, and out there at the Treeline Triathlon on April 26!

For more information on the Moraga Treeline Triathlon, go to <http://www.moragatri.com>