

From the Triathlon Training Trenches

By Lee Borrowman



Carl Martin, Treeline Triathlon Race Director and training instructor

For a creature of comfort such as your's truly, the idea of plunging into an outdoor pool at 8:00 a.m. on a chilly Saturday morning in February was akin to my worst nightmare. My kids have never even been allowed to wake me until after 8:00 on weekends. Yet rise and plunge I did, albeit largely out of fear of potential public humiliation should I not keep my promise to finish the Treeline Triathlon on April 26th (or die trying).

Many of the 20+ participants in the Moraga Parks and Rec Department's Triathlon Training class could finish a triathlon tomorrow with relative ease, such as my own boss (publisher Andy Scheck), some who are triathlon veterans, and some with the vigor of youth. They are there to rise to an even higher level of athletic performance. I was pleased, on the first day of class, to find myself also in the company of a handful of folks with the same goal as mine: Crossing the finish line, before dark.

Triathlete, Race Director and self-described "disciplinarian" of triathlon trainees, instructor Carl Martin serves as personal trainer and sometimes head cheerleader for each class member. Martin has put everyone on a training schedule, offering extra help and coaching to those of us with 'problem areas,' such as my own inability to run a mile (much less 5K) to save my life. Martin can often be heard to say, with the utmost sincerity, "Helping you get to a higher level and achieve your goals brings me to a higher level as well."

Martin also mails out weekly 'readers,' brings in guest speakers

and schedules 'field trips' to supplement his own vast experience. Race sponsor Forward Motion joined us last weekend for a discussion of cycling form and the importance of wearing the right running shoes. The week before, we visited Sharp Bicycles in Lafayette where owner and sponsor Matt Sharp gave a demonstration of proper bike fit. I'd no objection to being the experiment, but had I known I'd be baring my right leg for an audience I'd have shaved and moisturized. A true gentleman, Sharp wisely said nothing.

Despite the fact that my classmates continue to look up with surprised smiles every week that I manage to show up for class, training as part of a local group is perfect for those of us who might be inclined to slack-off when we think nobody's looking, and offers a way to reconnect with old friends at the same time.

I'll let you know how we are all doing in a few more weeks; in the meantime, you may see me jog-walking through your neighborhood. Happy Trails!



Triathletes-in-training Maria Chaves, Ana Perez and Tanya Salmemon watch as Matt Sharp (Sharp Bicycles) demonstrates proper bike fit using a hapless 'volunteer'