



# NEWSLETTER



**MANNING  
& ASSOCIATES**  
PHYSICAL THERAPY



**ACK**  
Eye  
Dr. Mike Ruby



[www.nantucketchiathlonclub.org](http://www.nantucketchiathlonclub.org)

MARCH 2012

## THE BRANT POINT RUN IS UP AND "RUNNING"!

TUESDAY AT 5:30

MEET AT THE CORNER OF EASTON AND NORTH BEACH STREETS

The Nantucket Triathlon Club is very pleased to host Brian Shea of **Personal Best Nutrition** who will present a Training and Racing Nutrition Seminar for Nantucket athletes! Brian has been an excellent source of information and nutritional products for several club members – we are thrilled he can come and share his knowledge with the club!

**\*Saturday, March 31st, 5 pm, The Westmoor Club \***

## COME MEET HALL OF FAME TRIATHLETE KAREN SMYERS

**When:** Saturday, April 7, 2012 at 12:00 noon  
**Where:** 4 Fairgrounds Road (Police Station), 1st Floor  
**Who is invited:** ANYONE!  
**Cost:** This is a free activity



The Nantucket Triathlon has arraigned for professional triathlete and Hall of Famer Karen Smyers to come to Nantucket on April 7, 2012.

This will be a fantastic opportunity for people to learn from an amazing woman and athlete, to hear her inspirational stories, to learn training tips and to ask questions of a world class, Hall of Fame athlete.

Karen's achievements are too numerous to list, but they include her becoming World Champion in 1990, 1995 and 1996, professional National Champion for six (6) consecutive years, winning a gold medal at the 1995 Pan Am Games and in the Triathlon Pro Tour in 1993 and 1994. She was also the winner of the World Cup Series in 1991, and is widely remembered for making a dramatic, still-talked-about, come-from-behind victory over seven-time champion Paula Newby-Fraser at the Hawaii Ironman World Championships in 1995.

In 2009, Karen was inducted into USA Triathlon's Hall of Fame in its inaugural year. Karen has overcome devastating life challenges including being hit by a truck while training on her bike, battling thyroid cancer and slicing her hamstring with a shard of glass in a freak storm window replacement project. Given her string of bad luck, Karen was famously named by Sports Illustrated as "the triathlete most likely to be eaten by a shark at the Sydney Olympics".

Karen graduated from Princeton University and in addition to maintaining a busy life with her husband and two (2) children, Karen coaches a number of professional and age group triathletes and is a motivational speaker and example to all of us.

**SEASON OPENER!! CARRIE SLOSEK PLACED 2ND IN HER AGE GROUP IN THE PORT ST LUCIE SPRINT 1:18:37  
HEATHER WILLIAMS PLACED 1ST IN HER AGE GROUP IN THE KEY WEST SPRINT TRI 1:01:57**

**CONGDON & COLEMAN**  
INSURANCE AGENCY, INC.



**GREAT POINT**  
PROPERTIES

**Hyannis Half Marathon**

- Giles Gregory 1:23:48**
- Jason Olbres 1:27:20**
- Kate Weiler 1:38:00**
- Robin Manning 1:39:16**

**3 person relay**

**NTC member Kelly Facticeau and 2 others completed the marathon in 3:32:26**

**Congratulations to everyone who participated!!!!**



Giles Gregory and Robin Manning at the Hyannis Half

**SHAMROCK RUN 4 MILER WAS HELD MARCH 17TH**

- JAMES CONGDON 26:17**
- ANN FITZGERALD 29:13**
- MIKE ALLEN 29:16**
- CONNOR WALLACE 30:51**
- KIT NOBLE 32:55**
- MARK NORRIS 33:11**
- JENNIFER PARADIS 34:02**
- CARRIE SLOSEK 37:29**
- NOAH KARBERG 37:41**
- JANINE MAULDIN 41:03**
- ROBERT LAUNDRY 52:57**

**Please check out the training forum on our website!! Join the discussion- offer up training tips, look for a training buddy, share your experiences! Lets make 2012 a great season for the NTC members!**  
[www.nantuckettriathlonclub.org](http://www.nantuckettriathlonclub.org)

**It's time to start shedding the winter weight!**

Putting on weight over the winter is common among triathletes. Ideally, in the spring you want to drop that added weight making you lighter and faster, while keeping the strength the extra weight allowed you to build.

Unfortunately, muscle is an expensive tissue for your body to hold on to and it is not an efficient energy store. Fat on the other hand costs almost nothing to your body and is a great way to store energy to use when your body is in need.

When you go into calorie deficit, which you must do to lose weight, your body doesn't want to pay the extra expense to your muscle. Therefore, the body will breakdown some of the muscle to get rid of this calorie hungry tissue as well as use the fat stores for energy.

You may have heard that there are 3,500 calories in a pound of fat. This isn't entirely true. There is 3,500 calories in a pound of body weight lost, which is 30% muscle and 70% fat.

To keep this 30:70 muscle to fat ratio you want to be in energy deficit of about 250 calories per day leading to 1/2 pound weight loss/week. If you try to lose the weight too quickly and restrict more than 250 calories the muscle to fat ratio will shift and you will lose more muscle than fat, which is counterproductive to gaining the weight in the first place.

If you have any questions please feel free to email Kathleen Minihan MS, RD, LDN at [MinihanNutrition@gamil.com](mailto:MinihanNutrition@gamil.com). For more information about Kathleen and Minihan Nutrition visit [www.MinihanNutrition.com](http://www.MinihanNutrition.com)

**Happy training!!**

**READY,SET, REGISTER!!**

**NTC Daffy 5k Sunday April 29th**  
[www.active.com](http://www.active.com)

**Rev3 Quassy Olympic and Half Triathlon**  
[www.REV3tri.com](http://www.REV3tri.com)

**Mooseman Triathlon Sprint and Half**  
[www.ironmanmooseman.com](http://www.ironmanmooseman.com)

**Timberman Triathlon Sprint and Half**  
[www.ironmantimberman.com](http://www.ironmantimberman.com)

**Patriot Half**  
[www.sunmultisportevent.com](http://www.sunmultisportevent.com)

**Hyannis Sprint**  
[www.newenglandtritur.com](http://www.newenglandtritur.com)

**Nantasket Fantastic**  
[www.fastforwardrace.com](http://www.fastforwardrace.com) Sprint series

**THE 2ND ANNUAL NANTUCKET HALF MARATHON!!!**

REGISTRATION IS OPEN!!

GO TO [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) TO SIGN UP! NTC MEMBERS GET \$10 OFF !! NOT ABLE TO RUN IN THIS EVENT? HELP OUT ON THE SIDELINES AND BE A VOLUNTEER.

**THE NEW BEDFORD HALF MARATHON WAS RUN ON MARCH 18TH**

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| <b>GILES GREGORY 1:24:42</b>          | <b>SIMON SHUREY 1:42:30</b>      |
| <b>ANDREW MC KENNA FOSTER 1:30:49</b> | <b>ROBIN MANNING 1:47:20</b>     |
| <b>DANIELLE O'DELL 1:34:33</b>        | <b>MELISSA MAC VICAR 2:18:40</b> |
| <b>TOM HANLON 1:36:44</b>             |                                  |
| <b>ANGUS MAC VICAR 1:37:49</b>        |                                  |
- CONGRATULATIONS EVERYONE!!!!**

**112 MEMBERS**