



Howdy and welcome to the Next Level Newsletter, Volume III Issue VIII!

Straight to athlete news:

- Aug 20 - Brian Fitzsimmons PRs at the Timberman 70.3!
- Aug 13 - Jeff Brady takes overall Master Champ at the TriAmerica Sprint!
- Aug 13 - Judy Nealon takes 2nd AG at the TriAmerica Clermont Sprint!
- Aug 13 - Sean McFadden takes 2nd AG at the TriAmerica Clermont Olympic!
- Aug 12 - Tim Gensler knocks out his first Century (plus) ride!
- Aug 5 - Robin Williams finishes her first Half-IM at the Steelhead 70.3!
- July 30 - Brian Fitzsimmons wins his AG at the Jersey Genesis Triathlon!
- July 29 - Paul Menegazzi takes 3rd AG at the Crystal River Twilight Tri!
- July 23 - Alex Jones wins Kim Mason's Home Event Triathlon!
- July 23 - Greg Cardelli burns it up at Ironman USA, running a 3:48 marathon!

OSB Assistant Athlete Melissa Hall

Melissa Hall is online and accepting new athletes! [Click here](#) to read all about Melissa and her coaching philosophy. We're happy to have Melissa on Team OSB!

Picture of the Month – Glacier National Park, Montana



OSB Powerstroke Triathlon Clinic

We can run a one-day, cycling-focused clinic either on Saturday, October 7 or in late November. If you're interested and have a date preference ***please respond*** directly to me [HERE](#) with your preference. Please keep an eye on our website and this newsletter for a final date.

Price will be \$85 for current OSB athletes and \$95 for all others. A brief itinerary:

7:00	Meet and greet
7:00-8:15	Powerstroke swim practice
8:30-10:00	Snacks and lecture (TBD)
10:00-12:00	Bike ride (form, drills)
12:15-2:00	Lunch and lecture (cycling-related)
2:00	Clinic ends

Brian Harrington, running for USAT Florida Regional Rep

You should already have received your USAT ballots in the mail! [Read all about it here.](#)

Training tips – Dealing with Setbacks

It's an unfortunate fact of life that we will inevitably deal with setbacks in our personal, professional, and athletic lives. Often, problems from one part of our life will bleed over into another. While each of us will deal with these challenges in our own unique way, here are a few useful techniques for dealing with common roadblocks during the switchbacks of our athletic lives.

- View each problem or challenge as an opportunity to persevere and overcome.
- Emotional or life stress can take a toll on your athletic endeavors. As athletes, we must integrate our personal and professional lives with our athletic lives. Prioritize your life and act accordingly.
- Despite our best intentions, very few athletes go an entire career without an injury. Accept it, follow the recovery and rehabilitation plan, and set your sights on the future.
- Don't be afraid of failure. Some of the most successful athletes in the world spent a lot of time missing their target early on. If you don't play, you'll never win.
- Give every action proper thought and plan ahead. Your choices today will affect your abilities and position tomorrow. Weigh the consequences and choose according to what is important to you (and yours), not the way you think someone else would choose. Satisfaction flows from the inside.
- Define success on your own terms. Every season brings a different situation. Your goals from year to year will change.
- Wisdom is knowledge distilled through experience. Accept it from those who offer it and share it with those who seek it. You'll be a better and more satisfied athlete for it.
- Be a good sport. Accept victory with humility and loss with graciousness. You're the same person either way.
- Always remember that you are in the enviable position of being 'in the arena.' You may not be as fast as you wanted to be or place as high as you thought you should. But you are there. So many people in the world will never have the chance.

Hope your season is going well! Until next time,

Enjoy your sport,

Marty Gaal

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A Joe Friel's Ultrafit Associate

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