



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue VIII. The August Heat edition!

Straight to OSB athlete news:

- Brian Fitzsimmons drops 23 minutes at the Timberman 70.3
- Chad Rucks takes 3rd Clydesdale at the Falls Creek Triathlon
- Danny Wardeh takes 2nd AG, Steve Vaughn takes 3rd AG, and Joy von Werder takes 3rd AG at the Moss Park Olympic Distance Triathlon
- Sue Sotir takes her first AG win with a big PR at the Urban Epic Triathlon
- Candice Pulliam takes 3rd AG, Debbie Darr takes 2nd OA, and Coach Marty takes 2nd OA at the Moss Park Sprint Triathlon
- Jennifer Patzkowsky wins the Lake Louisa Series Sprint Triathlon
- Todd Floied PRs at the Sports Barn Sprint
- Tim Gensler goes 5:06 in his first attempt at the Half at the Boulder 5430 Triathlon
- Jennifer Hazard Davis takes 2nd AG at the Emmett Olympic Distance Triathlon
- Craig Dobson takes 3rd AG and 7th OA at the Top Gun Triathlon
- John Woody PRs by 20 minutes at the Lake Logan Triathlon
- Dave Ertel takes 5th AG at the Lake Logan Triathlon
- Tara Tobias takes 3rd overall at the Summer Sizzler Olympic Distance Triathlon
- Sean McFadden PRs, Debbie Darr takes 2nd AG and Bruce Atlee takes 3rd AG at the Summer Sizzler Olympic Distance Triathlon

Congrats to Coach Melissa Hall:

- Cori Downing is crowned Age Group Duathlon National Champion in Ohio!
- Todd Barczak takes 6th AG at the Duathlon National Championship

OSB Winter Break Training Camp – Clearwater, Florida

February 20-24, 2008

Join us at the beach for a great training vacation! Bring the family and get bonus points! Clearwater Beach and the surrounding areas have something for everyone.

We will be hosting a long distance training camp based out of the Clearwater Beach area. We're offering a five day version (Wednesday - Sunday) and a three day version (Friday - Sunday). [Click here](#) for the full description.

Training Tips – Avoiding Injuries

[Coach Marty Gaal](#)

It's every athlete's demon and every coach's nemesis: sports related injury. Most of us have dealt with one at one time or another. This article presents a few tips on how to avoid them.

- Stop exercising if you have sudden, unusual tenderness around a particular joint, a snapping sensation, or other fleetingly painful symptoms. These may indicate a tear of the soft tissue (tendons and ligaments) and should be checked out by a PT or doctor as soon as possible.
- While many injuries happen in an instant (sprained ankle, broken arm, ACL tear, and so on), a lot of sports injuries develop over time. Overuse injuries often start as a mild tenderness, achiness, or dull pain. They become a full blown injury like a stress fracture, bursitis, or torn ligament with repeated use (ignoring the symptoms).
- If you're working with a coach, notify him or her of any pain or discomfort you're experiencing. Coaches can only help if they know about the issue.
- Proper nutrition. Some injuries may be more likely due to incomplete or inadequate diet.
- Strength training. It's really simple. Having more muscle fiber surrounding your joints and absorbing the strain experienced during exercise as well as during everyday life will lessen the chance of a rupture or tear. Muscles can also tear, but they heal more quickly than soft tissue because of better blood flow.
- Flexibility training. Having more elastic muscle and soft tissue will lessen the chance of a tear or rupture during routine exercise and unforeseen events.
- Keep your eyes open - situational awareness. Watch out for things you can avoid, and avoid them!

Training Tips – The Little Things Add Up

[Coach Brianne Gaal](#)

Every morning when our dog wakes up, she stretches. Then she stretches some more. In fact, almost every time she gets up from lying down, she stretches. We joke and call her the yoga-puppy because she looks like she is constantly doing the downward dog pose – which I guess is why they named the pose after dogs. I do have a point here, and I will get to it - you hope anyways! I was thinking that even for the cush life Tassie leads, she sure does stretch more than Marty or I do. And that is sad! I began thinking of all of those little things that we neglect to do that can really add up and help us as athletes. Here are some of the ones I've come up with:

- Stretching – even taking 5-10min after a workout can really make a difference. Muscles can't repair themselves as well if they're tight and stuck to the fascia. And don't forget to stretch before and after swimming, either. We all want that really long reach so we can pull more water.
- Post-workout/Race eating – I know we are all very busy and sometimes you can get sidetracked upon completion of a workout and totally forget to eat. I also know that often after a hard run, the last thing you want to do is eat, but I can't stress how important it is to get the carbs and protein immediately back into your system. Try to have something available – even if just a small granola bar and eat! I've taken quite a liking to making simple smoothies immediately after a hard group ride. It's cold, wet, and healthy. Yum.
- Sleep – I know, it's hard to always get that recommended amount of sleep, but it's the time that your body produces the most amount of HGH. Bring on the legal HGH!
- Warmdown & cooldowns – it doesn't matter what you call it, just do them. I know it can be boring, especially after you've just completed a tough swim workout to crank

out another 200yds easy before getting out, but your arms, and body will thank you. The same goes for after running and biking workouts.

- Hydration – don't sabotage yourself by not staying hydrated throughout the day. Water is great, but make sure you drink some sports drinks or juices. You don't want to drink so much water that you end up flushing all the nutrients right out of your body.
- Any other ideas? I know that you are neglecting something simple that can make a big impact down the road. Maybe you forget to take a multivitamin or your glucosamine. I know I do, and I know there are other things that we all can work on that will add up to great rewards down the road.

Glycemic Index: Should athletes use it determine what to eat before, after and during exercise?

By Jennifer Patzkowsky

In the past, carbohydrates were only classified as simple or complex, sugars or starches. Athletes used to be told to chose starchy complex carbohydrates such as bagels, potatoes and bread for pre-exercise snacks because these foods were thought to contribute to a stable blood sugar level. Sugary simple carbs were thought to trigger a sugar high followed by a sugar low causing a hypoglycemic reaction. However, today we know that the effect of a carbohydrate on blood sugar is determined by its glycemic response, or the ability of the food to contribute glucose to the bloodstream. Carbohydrates are often ranked as quick or slow in a very complex system called the Glycemic Index.

So what is Glycemic Index (GI)?

When we eat carbohydrates (including starch and sugars), they are digested and converted into glucose, a simple sugar, by our bodies. Glucose is then absorbed and therefore enters into the blood stream providing energy for our daily activities. Glycemic Index is a standardized system of ranking foods based on their effect on blood glucose levels over 2 - 3 hours compared to a reference food. Foods that are digested and absorbed faster will have a higher Glycemic Index.

Many athletes have considered the Glycemic Index when making food choices before, during and after exercise. Low glycemic foods (apples, yogurt, lentils and beans) were thought to be best consumed before exercise to provide sustained energy during long bouts of exercise. After exercise, high glycemic foods (sports drinks, jelly beans, bagels) were included in post-recovery to rapidly refuel the muscles and, thereby, enhance subsequent performance.

However, too many factors influence a food's Glycemic Index, including where the food was grown (US, Canada), the amount eaten, fiber content, amount of added fat, and the way the food is prepared.

To make the Glycemic Index even less meaningful, each of us has a differing daily glycemic response that can vary on any given day. Also athletes in general have a lower blood glycemic response than unfit individuals. Well-trained muscles can readily take up carbohydrates from the blood stream causing a lower blood glucose response to what would otherwise create a high blood glucose response in an unfit person.

The bottom line:

The concept of Glycemic Index seems applicable to athletes in theory; however, it is shrouded in controversy. Athletes should simply enjoy fruits, vegetables, and whole grains without worrying about their glycemic effect. Just make sure that you are getting enough carbs.

Before exercise: 0.5 grams carbohydrate per pound of body weight within the hour before you exercise.

During exercise: After the first hour: 100-250 calories (30-60 g) of carbohydrates per hour (larger athletes may require more)

After exercise: A ratio of carbs to protein in 4:1. 0.5 g carb per pound of body weight—about 300 calories for a 150 lb person, in repeated doses every two hours. More depending on the length of the exercise session.

Jennifer Patzkowsky, MS, RD/LDN, is a competitive endurance athlete who provides nutritional counseling and meal planning to athletes and people interested in improving their health/fitness. For more information on her services, please contact her at (863) 513-2635 or floridardld@hotmail.com.

OSB Forums

Join our [flame-free discussion forum](#) here. All athletes are welcome.

Ready for coaching in 2007?

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Coach Melissa Hall](#)

[Coach Brianne Gaal](#)

See you on the road!

Enjoy your sport,

Marty Gaal

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