



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue VII.

Straight to OSB athlete news:

- Mike Napoli conquers his first Ironman at Ironman USA – Lake Placid
- Jamie Doyle takes 3rd AG at the New York City Triathlon
- Brian Fitzsimmons takes 6th AG at the New York City Triathlon
- Coach Marty wins the JF Hurley Formula 1 Sprint Triathlon
- Danny Wardeh takes 6th OA, 1st AG at the Heartland Triathlon at Sebring
- Jennifer Patzkowsky takes 6th AG at the Morton Plant Mease Triathlon
- Craig Dobson takes 11th OA, 2nd AG at the Heartland Triathlon at Sebring
- Bri Gaal takes 2nd OA at the Chattanooga Waterfront Triathlon
- Cam Cole PRs by 24 minutes at the Musselman Half-Ironman
- Sue Sotir PRs and breaks 6hrs at the Patriot Half Iron
- Steve Vaughn takes 3rd AG at the Orlando Triathlon at Baldwin Park
- Tim Gensler PRs by 4 minutes at the Lake to Lake Triathlon
- Danny Wardeh breaks 5:00 with a 4:51 at the 6th Annual Margarita Mile

Training Tips – Prioritization

[Coach Marty Gaal](#)

If you're like me, you probably spend a lot of time worrying about making the right decision. Life is a constant series of choices, and every decision will affect your future set of choices. That's a lot to worry about! It's really helpful to have a rational method for decision making. Here are a few tips.

Decide what's most important to you. This will change over time. Right now, it could be training for your first Ironman, or raising your young child, or studying for school, or planning your European vacation. There's no right answer – only a right answer for you, right now.

Write down your list of priorities. What do you need to take care of and do to fulfill your happiness? Is family more important to you than work? Is triathlon training more important than a game of golf with the boss? Is seeing the new Harry Potter movie more important than that track workout? ☺

Bargain with those close to you. No decision is made in a vacuum.

Don't forget that other people will consciously or unconsciously attempt to influence your priority list. A simple example is a friend who wants you to go to a concert – but you want to get some sleep for that four hour bike ride the following day. A more complex example is deciding if you're going to take your family to Italy for a summer vacation – or to Idaho for a triathlon. ☺

Once you've come up with this set of priorities (that those close to you understand), your decisions should become a lot easier. If getting a promotion at work is more important to you than winning your division at a triathlon, there's no question that missing your workout to stay at a meeting is the right decision. If winning the triathlon is more important – go get that workout in.

Every decision involves some level of risk. Risk can be a complex topic, but understand that most high goals involve a higher level of risk. Deciding to drive to the mall is low risk. Deciding to ride your bike across the country – higher risk!

Now within this set of choices, you can also assign value to different achievements. We all have a limited amount of time and money, and can't do everything. So decide – what will make you happier? Within the world of training and racing, if you really, really want to qualify for Hawaii, put your resources towards that goal. If you want to win your local sprint series division – work towards that. Don't lose your way. Stay focused.

As time passes and your perspective changes, your list of priorities will also change. That's OK. Change is a good thing.

These habits and decision making tools will help you become a calmer, more confident person. Why? Because you'll be making decisions that are right for you. And when you do what's right for you – not someone else – life seems a lot easier.

Training Tips – Race Day Tips

[Coach Brianne Gaal](#)

- Get to the race site early - there's nothing worse than having to rush around the morning of a race.
- Bring your own marker in case the body marking lines are too long
- Bring some tape for your bike number. Some numbers are hard to secure, a little tape goes a long way.
- You can also tape a gel or two to the top of your number if you don't have a bento box.
- Scope out the transition area so you can find your bike easy. Walk in exactly how you will from the swim and off the bike and pick some landmarks. Just make sure these landmarks don't have the possibility of moving during the race (someone I know recently chose her landmark as a tent that happened to get moved before she got into transition!). Trees are always good markers (I have trouble counting racks). Also, some people will tie a balloon to their rack - use there marker as yours (I'm 2 racks past the balloon...)
- If its windy at all, place your number belt and visor under your running shoes.
- On your swim warm up, go out far enough so you can pick something to site on when you're coming into shore.
- Check out the buoys and see where the straightest line is - its not always the way the buoys are lined up! Just make sure you go around all turn buoys. Additionally, sometimes taking a different line into shore is faster than how the swim might be set up - just make sure you are doing everything legally.
- Be nice to all volunteers and referees.

Picture of the Month: Cam Cole finishing the Musselman Half-Ironman (Ouch!)



Healthy Snacking

By Jennifer Patzkowsky

It's hard enough to think about preparing a lunch for work tomorrow, never mind a snack too! But what if you had a stash of healthy snack foods with you at work so you could snack healthy without having to prepare something the night before? Snacks provide you with an extra boost in the morning or late afternoon. Select foods that can satisfy your hunger supply your body with energy and provide important nutrients. When choosing a snack, make sure it contains both some protein and carbohydrates so that you are able to better maintain your blood sugar level and stave off your hunger until the next meal.

Nuts and berries: Although nuts are high in calories and fat, a handful goes a long way to keep you satisfied. They are power foods in that they also provide healthy fats along with some fiber. Buy unsalted plain nuts found in the baking aisle. Pair them with berries: strawberries, blueberries, raspberries, etc for a finger food treat.

Apple and peanut butter: Add some peanut butter to your favorite apple variety (Granny Smith are excellent) for dipping, and you have a snack that is well-rounded with both healthy carbs and protein!

Cottage cheese with baby carrots: Low fat cottage cheese is a powerhouse for protein, so combined with carrots (or other vegetables such as celery, cherry tomatoes, broccoli, cauliflower, zucchini, etc.) it provides a nice light, balanced snack.

Yogurt and fruit: Yogurt comes in different fruit flavors, but a lower sugar plain yogurt (Dannon Light and Fit) combined with fruit (berries are always a favorite) can provide a satisfying snack.

Fruit and cheese: A low fat cheese stick (part-skim mozzarella or Kraft 2% cheddar) with apple slices (or cherries, grapes, etc) will provide you with a nice snack to help curb your appetite.

Burrito: Layer a soft mini corn or flour tortilla with 2 tablespoons shredded low-fat cheddar or Monterey Jack cheese. Microwave until the cheese melts. Slice into bite-sized pie shapes. Dip into some salsa if desired.

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.

Picture of the Month (2): Mike Napoli after finishing Ironman USA



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](#)

Until next time!

Enjoy your sport,
Marty Gaal

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