



# Racey Women Newsletter

Hi Racey Women,



It's been quite a while since we have had a newsletter for you, but this one is really fabulous and you will not want to miss reading it. It takes a lot of work to gather the stories, pictures and other content so please, if you have something that you can share, we would love to have it!

We have had an amazing year so far with donations, sponsorships, half marathons, swim meets, etc. And it's only the end of May. I look forward to our tri training. I hope to get more volunteers to lead bikes/runs and swims so you can all be well prepared for your races. If we can get 4 volunteers for each activity, we can rotate all the leaders, which means only leading once a month. Please give some time back to Racey Women so we can work together as a co-op group.

My favorite event is coming up, Dragon Boat. We have two kick-axx teams! We are ready to take back first place (we were given second last year due to the inability to race the final race - thunderstorms) But not this year - we are ready to row! Even if you are not racing, come and join us. We are in the park for the whole day, eating, drinking and socializing. It's a great afternoon of fun.

We have new race jersey designs this year, and thanks to our generous sponsors (see them below) we can offer a race shirt to you for half price! This is a one-time offer, so please place your orders ASAP.

So welcome summer, tri season, open water swims, marathon training, etc. I look forward to seeing you out on the road very soon.

Anna



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## Racey Women give back!

Racey Women give back! Thanks to your volunteer efforts and donations we receive for your service to the sport and our community, Racey Women is able to make financial contributes to worthy local organizations who share our organization's values. This year we contributed \$500 to Divas Donate ( women's race entries to CGI Racing for those who cannot afford to enter); \$500 to YWCA Trenton (Bates Scholarship Fund – to allow all to use YWCA Princeton programs and services);



\$500 to Girls Inc.; \$500 to Girls on the Run and \$250 to LifeTies. Special thanks to the Sandra Bauman, Stacy Noonan and the RW officers who helped with the donation process!

## Summer Triathlon Updates

CGI and Sherox will be combining their race efforts this year with a triathlon and duathlon on **Aug 7th**. If you are registered for the Philly Women's Tri (we had a big turnout from RW last year) your entry fee will automatically transfer to the Sherox race.

Training with a group can make the Triathlon experience – especially for first timers– a memorable experience. Anna, through her company, Muscles in Motion is offering an eight week training session. Email Anna at [msstep2684@aol.com](mailto:msstep2684@aol.com) for details!



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## Triathlon Tribulations

by Stacy Noonan with input from Margot Sharapova

Triathlons can be tricky – unlike a road race, you have to do more than start, run, stop! And those rules! The Federal Rules of Civil Procedure seem shorter than the USAT rules. With swim starts, transitions, and all those rules – it's inevitable that mistakes and mishaps will happen. Going into a triathlon with the mindset that something will likely go awry, and being prepared to deal with whatever that is, can make the difference between feeling great that you overcame the day's challenges or feeling disappointed or frustrated that you didn't have a "perfect" race. Fortunately for you, dear newsletter reader, some of the Racey Women triathletes are willing to share a few tales of the 2010 season – when things didn't go exactly as planned!

2010 was the first year I raced with a "real" bike – a Cannondale with clip pedals! I should have known I was in over my head when I crashed it during the test ride, but I loved it! It's much faster than my old bike and what I learned halfway through the 2010 New Jersey State Triathlon was that I had absolutely no idea how to race it! At full speed, I failed to negotiate the corner of Conover Road and crashed into a corn field. I was very surprised to find myself lying in a cornfield, still attached to my bike. After extracting myself and the bike from the corn, and putting the chain back on, I was back in the race. Back at home, I started looking at videos on how to take corners on a bike. I had no idea that the pedal on the outside of the turn was supposed

to be down and the inside pedal was supposed to be up... I knew so little, I didn't even know how much I didn't know! I spent the rest of the summer practicing – carving slow figure-8s in a cul-de-sac to practice cornering. The lesson learned – just because you know how to ride a bike, doesn't mean you know how to race a bike! I am working on technique now, along with endurance and speed.

Fellow RW, Margot Sharapova, on the other hand, DOES know how to ride a bike. She's a seasoned and experienced triathlete but a mishap with a water bottle could have ruined her race at the 2010 New Jersey State Triathlon – Olympic distance: Here's her story: During peak training season, I probably check my training plan at least once a day, the hourly weather forecast twice a day, and my car trunk is loaded with swim, run, and bike gear at all times. I think part of the reason I love triathlon is the illusion of control, as compared to work and my family. The NJ State Tri is an example ... I showed up race morning feeling better than expected, considering I had returned from Istanbul 36 hours earlier and had a small stomach bug. I was looking forward to racing the last race of my season in my own backyard. The swim felt fine and then 4 miles into the 20 mile bike, my water bottle popped off my bike. The good part: a volunteer recovered the bottle for me, sidestepping the other racers making the turn. The bad part: I lost 80+% of my water and had no backup bottle on my bike. So what's an



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obsessive-compulsive tri woman to do? I was angry, disappointed, but quickly moved into water conservation mode. I thought about what kind of effort I could sustain for another 16 miles with the water I had left.

- I stopped looking at my bike speed.
- I repeated to myself, "I do not want to be injured or suffer heat stroke. I want to be able to race strong next year".

It took a couple of repeats and soon enough, I was really getting thirsty, not sure how much water I really had left, and didn't need further convincing. My Racey Women friends tell me I looked grim as I pulled into T2. Luckily I chugged Gatorade at T2 and I carried yet another water bottle during the run. I was so happy to have something to drink and all of us half marathoners are very familiar with that path. I thought I could run most of the 10K and avoid walking . . . but 2 miles in, it was obviously optimistic and I switched to the run 2 minutes, walk 2 minutes mode. Most folks around me were doing the same and we joked as we passed each other back and forth. Am I disappointed? Yes, even months later. Is there anything I would have done differently? No. I am proud that I finished the event injury-free and I already have put a rubber band around my aero water bottle holder. Let's bring on the 2011 season!

But it was Allison Lee who had one of the most heartbreaking mishaps last season. At Danskin Sandy Hook, her timing strap broke in Transition 1 after the swim leg. She used the disposable chip strap provided by the race and didn't have a back-up. She completed the rest of the race holding the chip in her hand throughout the bike and run legs.

Unfortunately, none of her times were

recorded because the chip was not on her ankle. She knew she had had a blistering swim split and a strong bike and run, but ended up on the DQ/DNF list with no results.

Fortunately, she put that day behind her and had strong finishes later, including 9<sup>th</sup> female overall at the ClamMan sprint!

I've only done 9 triathlons, but here are a few of the things I've learned from my own mistakes, and from the war stories of other Racey Women!

**1. Familiarize yourself with the USAT rules and the rules of your particular race.** Especially pay attention to the times transition opens and closes. You don't want to be in line for the porta-potty when transition closes unless you have everything you need with you!

**2. Pack your triathlon bag like a bridesmaid!** Bring extra safety pins, scotch tape, a Sharpie marker, extra food, water bottles, flip-flops you don't care about losing, spare goggles and a travel pack of tissues (take those with you to the porta-potty just in case there's no paper!). And find your Racey Women teammates! If you forgot something, someone is bound to have it.

**3. Count the bike racks (from bike in and bike out) to find your bike in transition and your spot when you come back!** I was racked in the middle at SheRox Asbury Park and figured I could count on my very colorful towel to locate my spot. But in T2, I ran back and forth with my bike - where was my spot?? My rack-mate apparently threw her towel over mine when she left T2. Now I know to have other



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landmarks. And do not count on finding your spot by floating balloons! They are banned at some races and cut down. After nearly being strangled by a blown sideways SpongeBob at NJ State in T1, I can see the wisdom of this!

**4. Some triathlon books say to have a tray or bucket of water at your bike to wash your feet before the bike leg.** I am not a fan of this. At New Jersey State, I saw a woman carefully carry water from the lake and pour it into a shallow tray near her bike. Soon thereafter, someone accidently knocked it over, soaking the gear of the person next to her. I'm sure neither had the T1 they were expecting. I just use a small microfiber dust cloth to wipe sand or dirt and I keep a spare water bottle handy in case I need to rinse mud off.

**5. Use your own chip strap!** A velcro closure neoprene or fabric strap will likely be sturdier than a disposable strap (and cleaner than the used straps some races use). The Road ID ankle strap is chip compatible, and after Allison's ordeal, that is what I plan on using this year.

**6. Put your swim cap over your goggles!** If you get knocked around in the swim, you're less likely to lose them.

**7. If a race gives you twist ties to attach the bike number, tape it down anyway.** If you don't, the number will slide to the back and hit your legs with every pedal stroke.

**8. Talk to other triathletes!** Especially talk to people who have done a race you are unfamiliar with. I was very thankful that someone told me about the 1/4 mile sidewalk run from the Danskin swim to T1 and suggested that I leave flipflops along the fence. I didn't run in them to T1, but I did wear them down to the swim and was glad to have had them!

**9. Expect that something will go awry and be mentally prepared** to overcome whatever challenge the day throws at you.

The 2011 triathlon season is upon us and I'm training hard but I also know that being mentally prepared for the unexpected is just as important as completing all those brick workouts. I'm sure mistakes will be made, and things will not always go as planned. And that's ok. I've learned from the mishaps and they've made me a smarter competitor. I'm looking forward to an "eventful" season!

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## Recipes

### Beef and Black Bean Chili (with Vegetarian Option)

serves 16

*Recipe shared by Denise Moody with credit to "The Grit Cookbook: World-Wise, Down-Home Recipes" by Jessica Greene and Ted Hafer*

#### *The Beans*

- 1 quart (about 2 pounds) dried black beans, picked over and rinsed
- 4 Tbsp lemon juice or apple cider vinegar
  
- 1 medium yellow onion, finely chopped
- 2 Tbsp minced garlic
- 3 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1/4 tsp cayenne pepper
- 1/2 tsp ground black pepper

#### *The Rest*

- 1 pound ground beef (or, if vegetarian, use 2/3 cup bulgar wheat)
- 1 small green bell pepper, finely chopped
- 3 stalks celery, finely chopped
- 1/4 large yellow onion, finely chopped
- 1 cup fresh or frozen corn
- 1 cup shredded carrots (about 3 carrots shredded on large holes of box grater)
- 2 (28-oz) cans crushed tomatoes
- 1 Tbsp salt

After beans have been cooking for about 45 minutes and are close to being tender, sauté ground beef in a skillet until no pink color remains (careful not to over-brown). Using a

Place rinsed beans in a large bowl, and add enough warm water to cover by 2 inches. Add the lemon juice (or vinegar), and stir to combine. Let sit at room temperature overnight (up to 24 hours). Drain beans (discard soaking water) and rinse thoroughly.

Place soaked beans in a large stock pot or dutch oven, along with the onion, garlic, and spices. Add enough water to cover by 1 1/2 inches. Bring to a simmer, stirring occasionally, until beans are very tender (cooking time will vary; count on 1 or more hours). Add water as necessary to keep beans covered.

slotted spoon, remove beef to a bowl and set aside. Using rendered fat from beef (adding olive oil if necessary to make about 2 Tbsp), sauté green pepper, celery, and onion until onions are translucent and vegetables are tender.

When beans are very tender, add beef or bulgar wheat, cooked vegetables, and the rest of the ingredients to the pot (no need to thaw the corn). Stir to combine, bring to a very low simmer, and cook for another half hour. Taste for seasoning, adding additional salt if necessary.

Serve topped with grated cheddar, sour cream, green onions, etc.

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## Spicy Caramel Popcorn

*Recipe shared by Denise Moody with credit to "The Craft of Baking," by Karen DeMasco and Mindy Fox.*

Nonstick cooking spray  
3 tablespoons vegetable oil  
1/2 cup popcorn kernels  
1 1/2 teaspoons baking soda  
3/4 teaspoon cayenne pepper  
3 cups sugar  
3 tablespoons unsalted butter  
1 1/2 tablespoons kosher salt.

1. Lightly coat two large, heatproof rubber spatulas and a large mixing bowl with nonstick cooking spray.
2. In a large saucepan or pot with a lid, heat the oil over medium-high heat. Add the popcorn kernels, cover and keep the saucepan moving until all of the kernels have popped, about 5 minutes. Transfer to the prepared bowl, removing any unpopped kernels.
3. In a small bowl, whisk together the baking soda and cayenne pepper.
4. Have two large baking sheets ready. In a medium saucepan, combine the sugar, butter, salt and 1/2 cup water. Cook over high heat, without stirring, until the mixture becomes a light golden-yellow caramel, 10 to 14 minutes. Remove from the heat and carefully whisk in the baking-soda mixture (the mixture will bubble up).
5. Immediately pour the caramel mixture over the popcorn. Working quickly and carefully, use the prepared spatulas to toss the caramel and popcorn together, as if you were tossing a salad, until the popcorn is well coated.
6. Spread the popcorn onto the baking sheets and quickly separate them into small pieces while still warm. Cool to room temperature, about 15 minutes. Once cool, store in an airtight container for up to 2 weeks.

Makes about 4 quarts.

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## OCY Swim Meet

**February 13, 2011** Five Racey Women took on the challenge of the Ocean County YMCA Unofficial Team Championships swim meet that was held at the Toms River YMCA. The meet was broken into two sessions – the morning session consisted of 4 heats of 1,000 yards (40 lengths of the pool). Diane Elmore, Ilana Lutman, and Terry Christie took on this challenge. Swimming 1,000 yards in a meet provides the advantage of having two forms of timing, electronic and manual, as well as a person at the bottom of the lane who counts your laps. When you see the orange card you know you are on the last length and you can pour it on! Diane took a 1<sup>st</sup> in her age group, while Ilana and Terry both won 2<sup>nd</sup> place ribbons in their age groups.

Michele Siegrist and Julie McLaughlin joined us for the afternoon session. The afternoon session consisted of a variety of events including all 4 major strokes (freestyle or crawl, backstroke, breaststroke, and fly) and

events called IMs (Individual Medleys) that combine all 4 major strokes into a single event. This is truly a challenging swim as some strokes are far more fatiguing than others. Ilana and Terry stuck to the triathlon-favored freestyle and each did the 100 yard, 500 yard, and 50 yard events, while Michele and Julie combined freestyle events with other strokes. Michele attempted and completed her first 200 IM! Amazing to watch...



*Pictured: Diane Elmore, Terry Christie and Ilana Lutman*

It's always fun to see how fast you can swim, but the best part is the fun, companionship, support, and sense of accomplishment that you get from completing your events.

A resource for Open Water Swims in the area. – thanks to Deb Higgins

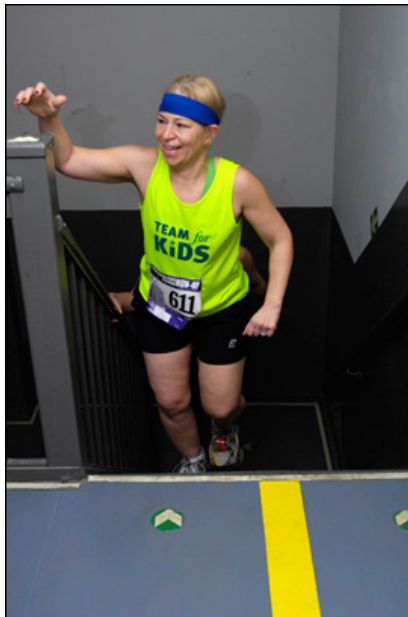
<http://mysite.verizon.net/rmckendall/ows/schedule.html>



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## Kudos!

Congratulations to all Racey Women who have completed the **Rutgers ½ Marathon!**

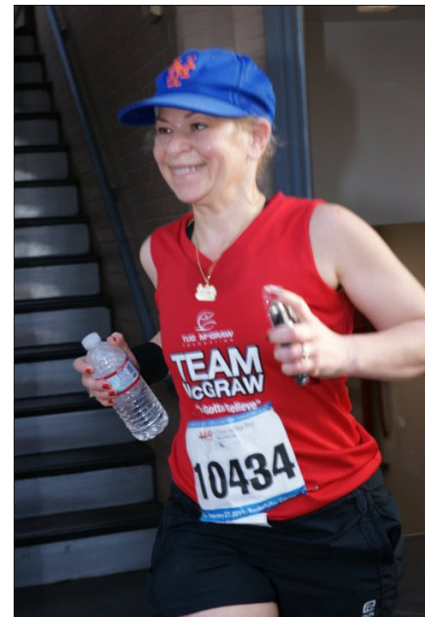


*Sharon Chapman climbs the Empire State Building Steps!*

Racey Woman **Sharon Chapman** climbed 86 Floors/1,576 Steps in order to complete the Empire State Building Run-Up on February 1<sup>st</sup>.

She also completed the February 27th Climb to the Top of 30 Rockefeller Center.

Great job, Sharon!



*Sharon Chapman climbs the steps at Rockefeller Center*



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## Reviews

### Gadgets and Gizmos

By Terry Christie

**The "Sky Mounti":** Here is a 'gadget' that I have for my handlebar. It cost us only \$10 about 12 years ago, now they run \$24.95 at Amazon!

Very low tech. I liked it because you know when you're working really hard and you think that you are on a flat? You can always tell it is a 'false flat'. Would make me feel better. Also, you can see the grade of the hill that you are climbing. That is how I know that Hollow Road in Hopewell has a 12% grade to it.

<http://www.amazon.com/Sky-Mounti-Inclinometer/dp/B000PHO6K8>



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## Apparel Hits and Misses

By Denise Moody

### Miss:

**Moeben sleeves** – These look great and are a great concept. However, if you are running a long distance, the sleeves start to actually hurt your biceps. Also, they have a pocket that is supposed to hold a gel. Mine fell out right at the beginning of my marathon. Perhaps I just need bigger biceps?

### Hit:

**Smart Wool running socks in the winter!** They aren't bulky but keep your feet warm in the cold winter months.



Seems like yesterday! Racey Woman Sherri Foran got creative with her winter workouts ... she admits she's not a fan of the bulky outwear required but liked the workout from **Snow -Shoeing!**

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## VOLUNTEERS NEEDED

Volunteers are needed at the following events – remember, not only are we giving back to the sport of triathlon when we volunteer but we are also giving back to charitable organizations when we receive donations for our service. Please contact Barb via email [Barbaraf@comcast.net](mailto:Barbaraf@comcast.net) if you can help out!

## Dragon Boat Races Here We Come, Again!

Many thanks to Patti Foti and Deb Higgins for coordination our multiple Dragon Boat teams this year. Come cheer your fellow RWs as they participate in this event that benefits Breast Cancer Resource Center of the YWCA. See you June 5<sup>th</sup>, Mercer County Park lake!



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## Favorite Playlist

Submitted by **Donna Westhoven**, "This playlist is approximately 40 minutes...good for me to get three miles done, and a warm-up and cool down."

- *Girls Just Wanna Have Fun*- Cyndi Lauper
- *Flavor of the Week*- American Hi Fi
- *Dancing Queen*- ABBA
- *Dog Days Are Over*- Florence and the Machine
- *Burning Up*- Madonna
- *Chasing Pavements*- Adele
- *Hey Soul Sister*- Train
- *Dress You Up*- Madonna
- *Hold It Against Me*- Britney Spears
- *I Love College*- Asher Roth



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## Who's Doing What and When?

Check out this list and add to it on Facebook...Racey Women 2011 is the page to search!

**5/28/2011**

**Springlake 5 mile**

Margie Hankins

**6/4/2011**

**Cory's Ride**

Terry Christie

**6/5/2011**

**Dragon Boat Races**

Ellen Calman

Debbie Higgins

Stacy Noonan

Maria Sandford

Nancy Kane

Stephanie Underwood

Dominique Bogatz

Marie Ivanov

Lynne Nouvel

Anna D'Anna

Margie Hankins

**6/5/2011**

**Swimapalooza**

Diane Elmore

Terry Christie

**6/5/2011**

**Black Bear tri**

Sian Jones

**6/5/2011**

**Princeton Fete 10k**

Denise Moody

**6/5/11**

**Celebrate Israel Run (Central Park, 4 Miles)**

Sharon Chapman

**6/11/2011**

**New York Mini 10K**

Sharon Chapman

**6/11/2011**

**Lavaman Triathlon**

Terry Christie

**6/12/2011**

**Diabetes Ride**

Stephanie Underwood

Maria Sandford

Nancy Kane

Dominique Bogatz

Marie Ivanov

Ilana Lutman

Anna D'Anna

**6/25/2011**

**Asbury Park Ocean Mile Swim**

Terry Christie

**6/26/2011**

**Half Sauer Half Kraut Half Marathon**

Stacy Noonan

**7/4/2011**

**Revolutionary Run**

Sharon Chapman

Stacy Noonan

**7/16/2011**

**Manning Sea Bright Ocean Mile Swim**

Terry Christie

**7/23/2011**

**NJ State Tri - Sprint**

Terry Christie

Marie Ivanov

Ilana Lutman

**7/24/2011**

**NJ State Tri - Olympic**

Diane Elmore

Stacy Noonan

**8/6/2011**

**Born to Tri**

Terry Christie

**8/7/2011**

**SheRox Philly Tri**

**8/21/2011**

**Belmar Ocean Mile Swim**

Terry Christie

**8/21/2011**

**Lancaster Metric Century**

Debbie Higgins

**8/28/2011**

**SheRox Asbury Park Triathlon**

Stacy Noonan



# Racey Women Newsletter

## Really? Relay?

Not Sure about signing up for a Triathlon or Event Really, this Season? Consider what these RWs have to say about the experience!

*Loved being part of the relay with Team- Run the Talk and of course the cheers from the other racey women teams! Good job everyone!*  
- Kelly Smith

*The Asbury Park Relay Marathon was a blast - there was a party-like atmosphere - The weather, music and people were great! Making new friends, cheering each other on and together completing a marathon, which by myself would have been quite impossible. I loved the day, and look forward to doing it again next year!* - Diane Elmore

*I REALLY enjoyed doing the relay. It gave me a chance to cheer others on and still be able to participate.*  
- Barbara Baker Feller

*I enjoy all the "Racey" events I have participated in this past year, particularly this race. We were blessed with fabulous weather and as I did my laps any time I started to get a little tired, all I had to do was look at the*

*ocean or hear the encouragement coming from other Racey Women on the side lines. At the end of the race my team mates, the Racey Runners, and I crossed the finish line together which I thought was just fantastic! I had a fantastic time- thank you and all the other Racey Women who took part.* - Donna Westbrook

*I signed up to "pitch in", complete a team, not giving much thought to the "team" aspect of this race. Anna matched me up with Kelly and Diane, whom I didn't know previously. After Diane, Kelly, and I completed our 8 loops, we felt like a team, cheering each other on through each loop. The event organizers make it feel like a party in the transition zone where you exchange timing chips with team members. The mood, chatter, and music is infectious - whether you're passing through to your next loop or gratefully passing the chip to your next team member. Sign me up next year, Anna!* - Margot Sharapova

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## Weekly Workouts

Type	Location	Day/Time	Contact Information
Swim	RWJ Hamilton – Must be Member	Tues & Thurs, 7:00-8:30 PM Sundays, 7:30-9:00 AM Swim for Fitness	All Levels Welcome
Swim	RWJ Hamilton - Must be a member	Fridays 5:30 AM	Debra-sculi@optonline.net
Run/Walk	Turning Basin Park (across from canoe rentals), Alexander Rd, Princeton	Saturday 8:30am	Sue-scalabro119@gmail.com (609) 933-6477
	Bike Training for ADA Tour de Cure (All welcome-even if not registered for race)		
Bike (building to 30 miles)  Sat 5/21 - 25 Mi	Mercer County Park Edinburgh Entrance	Saturdays, 12:00pm	Anna-msstep2684@aol.com (Sat 5/21) Barb-barbaraf@comcast.net (Sat 5/21) Dominique-dominique.bogatz@gmail.com Terry Christie-tchristie@me.com
Bike (building to 30 miles)	Grover School (location of Tour de Cure)	Tuesdays 6:30pm	MaryAnn-loopner510@verizon.net
Bike 24 - 30 mile Easy Tempo Ride	Robbinsville High School 155 Robbinsville Edinburg Rd Hamilton Square	Sunday-Ride leaves promptly @ 9:00 AM- Please arrive early. Rain or < 45 degree temps cancels	Ride leaders from Bernie's Bicycle & Fitness (609) 586-5126 www.berniesbicylce.com



# Racey Women Newsletter

## Racey Women Sponsors

Thanks to our sponsors. Because of them, we can offer our race jerseys at half price. Also - please support your sponsors! Most of them are Racey Women!



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