

# TriCentric

Newsletter

March 2011

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Solar Shield

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**Dear Katie,**

Start your engines! Racing season is in full swing and shaping up to be another action packed year. In March we saw great performances in the LA Marathon and the Showdown at Sundown races in Nevada. In this issue... spring is here and our own skin care guru will give us a primer on sunscreen, we'll discuss running speed and event coverage... it's been a packed month for sure.

Happy Training,

~B

## Skincare, Sunscreen & Skin Cancer Prevention

By: Amy Gouley [amy@projecthappyface.org](mailto:amy@projecthappyface.org)

A quick sun protection review for triathletes, by Amy Gouley, PA-C, Ironman finisher and TriCentric team member.

Amy Gouley, PA-C practices dermatology in Upland and Beverly Hills and is the founder of Project Happy Face, Inc. She also provides free melanoma screenings to Ski Patrol and service men and women.

Amy's quick tips:

- Apply Sunscreen at least 20-25 minutes prior to your workout
- Never use anything less than spf 30
- Reapply every 90 minutes
- Don't forget the ears and lips



Amy's Top 3:

1. Solar Shield spf 60 [www.projecthappyface.org](http://www.projecthappyface.org)
2. Neutrogena Ultrasheer Dry-Touch Sunscreen, SPF 55
3. Colorsience Pro Sunforgettable Mineral Powder Brush SPF 50

Triathletes are especially challenged when it comes to protecting ourselves against sun damage and preventing skin cancers.

Often times we start training in the early dark hours of the morning or begin a workout on a cloudy overcast day, not thinking within a few hours the sun's harmful rays will be penetrating our dermis. Even on cloudy

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days 80% of the sun's ultraviolet rays can pass through the clouds. It's never too late to protect yourself from the sun and minimize your risk of skin cancer. Choose your workout time wisely and remember that the sun's most harmful rays are exposed between 10am and 4pm. The extended hours of training and sweating contribute to an increased risk of skin cancer so reapplication every 90 minutes is crucial to protecting your skin. It is estimated that 1 in 5 Americans will develop skin cancer in their lifetime. Choose a water resistant sunscreen with minimum sun protection factor (spf) of 30 and protection against UVA and UVB. Sunscreens are produced in a variety of vehicles. The most common is a lotion or a cream. The thicker the product the more likely it will drip while sweating. Try to find a light weight oil free lotion such as Neutrogena Ultra Sheer Dry-Touch. Athletes can even choose to protect themselves with a powder sunscreen that brushes directly onto the skin or additionally on top of sunscreen for added protection. I find that the bars and glides that are loaded with spf don't spread easily and too often spots are missed resulting in burns. The American Academy of Dermatology suggests a single shot glass size of sunscreen to adequate to cover sun exposed areas. Most importantly, have your birthday suit checked yearly for skin cancer.

## Athlete Spotlight



TriCentric Athlete  
Steve Kern-  
Congratulations on  
your podium finish at  
the Showdown at  
Sundown Olympic

## Running Speed... a short primer

By Brandon Heflin

I coach a weekly track session and if I can instill just one thing in that session... it's this: In endurance sports such as triathlon, speed is a function of obtaining better/best form/technique and maintaining that form to the finish line. My approach is somewhat similar to swim where optimizing stroke mechanics & body position is by far your best vehicle for speed. Speed should not be reckless and uncontrolled but rather skilled and always under control. This is achieved by learning good running form and practice. Practice does NOT make perfect... perfect practice does! Too often, triathletes and new runners are so concerned with their volume that they do not address form. This can lead to over training and injury... as well as poor performance. Here are a few points of focus for improving your running speed.



- Foot strike: mid to fore-foot strike will not only better your speed potential, it will aid in the prevention of injury

- Engage your arms: This is NOT wasted energy... elbow drive and upper body mechanics aid in body mass forward momentum... especially when fatigue is present

- Head up: look forward toward the horizon... Not at the ground in front of you.

- Cadence: we hear this one a lot. Think of it in terms of getting your feet off the ground quickly.

- Toe off: This is a critical speed function and is related to your hip extension. How hard you push off should not change your running form

- Learn how to run hills: weather going up or coming down, maintaining form and learning hills will have a big impact on your overall performance



## TriCentric Bike Fit

Book your fit and reap the benefits this season

*Brandon has fit over 1500 athletes across all cycling disciplines... most of which were referred by athletes who were also fit by Brandon*

· Practice technique often: do form strides and insert form segments into other runs as a warm up or "form based interval"

### March Racing

·LA Marathon: A very special congratulations to Alan Carlisle! At 81, Alan finished his 26th LA Marathon... that's right... he's started and finished EVERY LA Marathon... on top of his various other endurance sports endeavors. TriCentric Athletes did great at LA on a cold and rainy day...

Rochelle Lona set a new PR and Angela Ontiveros finished her first LA Mary in style.



~B racing at Showdown

·Showdown at Sundown: Offering 70.3, Olympic & Sprint races, showdown provided a

nice springboard to the 2011 season. The swim was cancelled... races were started with a TT format and once underway... racing is racing. It was a scenic and challenging course with lots of climbing and wind. TriCentric Saw podiums by Katie Kyme (1st AG/4th OA Fem Long Course), Brandon Heflin (2nd AG Oly) and Steve kern (3rd AG Oly)... and numerous podiums and strong finishes by TriCentric bike fit and plan athletes. Great racing everyone!!!

### Upcoming Events

·Ironman 70.3 California: April 2nd... Always an early season challenge. TC, sponsored teams and friends will be well represented on the course.

·LATS #1: April 17

·LATS#2: May 14th (TriCentric Team Race)

·Ironman 70.3 Boise

Email Coach ~B with any suggestions for clinics, questions on the team, Coaching or sponsorship opportunities

#### [Email the Coach](#)

We'll see you at the races!

Cheers,

~B

