



She'll be remembered as the all-time winningest D-1 basketball coach in NCAA history, but she was more than a coach to so many -- she was a hero and a mentor, especially to me, her family, her friends, her Tennessee Lady Volunteer staff and the 161 Lady Vol student-athletes she coached during her 38-year tenure.

Tyler Summitt

Pat Summitt

June 14, 1952 - June 28, 2016 (age 64)



When are sports about more than just sports? Virtually always. Whether sports are a positive or negative influence is largely due to the coaching and culture of the sport. Thank you, Pat, for changing women's lives positively.

U of Tenn issued a statement calling Summitt "a global icon who transcended sports and spent her entire life making a difference in other people's lives. Pat was so much more than a **Hall of Fame coach** [and a **Presidential Medal of Freedom** and **Arthur Ashe Courage Award** recipient]; she was a mother, mentor, leader, friend, humanitarian and inspiration to so many," the school said. "Her legacy will live on through the countless people she touched throughout her career."

Take a moment to read this brief but awe-inspiring article about Pat. Can you imagine becoming a coach 43 years ago at the age of 22? She must have big..... nerve..... <http://www.cnn.com/2016/06/28/us/pat-summitt-obit/index.html>

This week is very stressful for 70.3 racers. You hardly have control over your nerves and thoughts. As you enter this final stage of your preparations, remember to breathe! And remember this... racing is a privilege. Racing is the fun part of your journey. Racing is the cherry on top of the sundae you've built. Racing is important, and it gives meaning to our lives. But racing doesn't define our lives. WE define our races. What WE bring to our races gives them meaning. Keep this in perspective as the nerves come and go!

This may seem a bit too goofy for many of you, but I harken back to women like Pat Summitt who paved the way for women athletes of our generation. She struggled, experienced set-backs, doubted herself on occasion and wondered if she had what it took to go the distance. YOU can have doubts. YOU can have fears. Let your strength overcome them and your courageous actions define you. You are ready to do this. Hello, Ironman Vineman 70.3



TriLaVie® Triathlon Training
Vineman 70.3 Race Prep #9
July 4, 2016 – Happy Birthday, America!
Martha Szufnarowski, Founder & Head Coach



*You can't change the past and you can't predict the future.
 You can ruin the present by worrying about both.*

Unknown (but not unfamiliar!)

I have used the same TAPER quotes for 8 years. Why? They are still true. Experienced athletes tend to take taper week for granted and over-do it in life and/or training. Use this week wisely. Taper is harder than you think.

Can you believe it? It's HERE! The race is just 1 short week away!! My, my how far we have come!

What's the most important goal now? Don't ruin a great training cycle by over training this week. I know you feel that isn't possible. You are so desperate for some rest and relaxation. But something odd will happen as the race nears: you'll have lots of energy and want to do crazy things. Resist! Resist! Perhaps taper is working perfectly and your energy is rising to peak on Sunday. Perhaps nerves and anxiety are getting the best of you. Odd little behaviors will creep into your daily chores. As long as they don't overwhelm you, laugh it off. IF these moments are wearing you down, have a good "head-to-heart" talk to yourself and calm down.

A smart coach once said:

*There is **NOTHING** more you can do to improve your performance on race day.
 There are a **MILLION** things you can do to ruin your performance.*

Psst! I know your friends and families are counting the days too. They want you back. Play your hand one more week here and rest more, work less. Let positive people help you and avoid negative people. This is the eve of your treasured event. All energy goes toward technical preparations of travel, packing lists, mental fantasizing, agenda building. You can do this WELL! Remove obstacles and keep your eye on the prize no matter what.

ATHLETE GUIDE: This is your **BIBLE!** However, watch for e-mail updates about the race and be flexible. Be sure you have the latest copy for your reference from the race website.

FRIDAY PRE-RACE DINNER: Team dinner on Friday at 5:30 pm in Guerneville – Details in email.

**New Process.TEAM PHOTO and MEETING SATURDAY: Optional team meeting at 10:30am at Windsor High School/Race Finish Line for the photo, really. This is a tradition, and I'd like to keep it going if possible. I recognize that many of you will have to check in your run gear at the high school starting at 9am and the 1st Athlete Briefing is at 10am. This seems like the most logical meeting time for us to get the maximum number of team mates for the photo. Then, you will all have to come to Johnson Beach to drop off your bikes. Watch emails for updates.

BREAKFAST REMINDER: Be sure you are prepared for pre-race breakfast with your own food OR double check with your hotel with the serving times. Some accommodate the race, some not. Have a PLAN!!!

GOAL: A word about the training plan: If you can't do it, skip it. Tired? Skip it. Traffic too heavy? Go home. Favorite show or book calling to you? Indulge! There. Permission granted. True and total taper. Enjoy!

9 Race Taper Week	OFF or	Brick	Swim	Run	Travel Day Expo/Athlete Briefing Option	Expo/Athlete Briefing/Run Gear Drop Off/Bike Drop Off	***** Race Day!
	Recovery Swim 2000 EZ!	Bike 45min w/60 sec pick-ups Run 15 min fast	Timed 1.5 miles Open Water (or not!)	1 hour EZ Pick a nice route!	EZ spinning cycling 30 min to check bike Bike Check is IMPERATIVE TEAM DINNER!.	10:30am TEAM PHOTO at finish line in Windsor if possible! It's a tradition.	***** Ironman Vineman 70.3 You ROCK!