

The Louisville Landsharks is a social club aimed at promoting triathlon/multisport in the Greater Louisville area. We welcome athletes at every level to join us for socializing and training opportunities.

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Shark News!

September 2019

September 2019 Message from the President



And just like that, most of the triathlon season was gone! (read in your best Forrest Gump voice)

Time flies when we are having fun and this year has been no exception. In the coming weeks, we will go from muggy, hot morning runs to seeing our breath and wondering if we should have added an extra layer of clothing.

Also, this weekend will be our last Open Water swim for the season. I want to take this time to thank each person who contributes to making the Deam Lake Open Water Swims such a success. It has been quite common to have 30+ swimming and the supported swimmers are such a valuable asset to the Club. Jon, and Rebecca do so much work and sacrifice some of their own training time to make these happen. They make it look easy, so you probably do not realize all that goes on behind the scenes such as acquiring all the permits required by the Indiana Department of Natural Resources to allow a group this large to swim, purchasing the custom swim caps, developing a schedule that works around races as well as restrictions in available swim weekends within our contract. Getting up well before daylight to be there ready to go, even though they may not get the chance to swim themselves. Oh, and yeah, they also have to ensure that there are enough kayakers available to ensure everyone's safety. Apart from the work that Jon and Rebecca do, we also recognize the people give of their time and effort to do the kayaking! We always hope to not need to come visit you

mid swim, but we have confidence knowing you are there if needed. Thank you again....

Jon and Rebecca are far from the only ones going the extra mile to give back to the Club. We have an awesome group of people that it has been a privilege to serve alongside.

That's all for now, let's continue to train hard and train wisely.

I hope to see you out there.

Todd

Pathetic Race Photo of the Month



Wes Keen Ironman Wisconsin 2019

Apparently wardrobe malfunctions lead to a 25 minute PR!

Have your own not-so-glamorous race photo! We want to see! Email to tracylshirley@icloud.com

NEWS FROM YOUR SPONSORS



It may be hot outside now but fall weather is upon us which means the fall run-a-thon is coming! Be sure to sign up for the Norton 10K to get one of these awesome medals!

Sign up here: <https://nortonsportshealth10k.com/>

Use NORTONCOUCHTO10K for 10% off.





Why Endurance Athletes Need Protein

It isn't just for bodybuilders and strongmen. Protein is vital to performance and recovery for endurance athletes like yourself. Destroy, Rebuild - it's what happens every time you go for a run or bike ride and eat afterward. Without the proper building blocks to utilize, your body won't come back to 100% and whole body fatigue will start to accumulate.

Most people feel that they get enough protein in their daily eating, but new research has shown that athletic populations should strive for at LEAST ~1g/LB of body weight. That means, a 150lb woman should get about 150g of protein every day!

Take it from me, that much protein is difficult to get in. it takes constant conscious eating all day to reach a goal like that.

Why do we need to eat this much protein and why aren't we talking about carbs? Carbs may be your body's MAIN fuel source but protein not only helps fuel it but also makes sure your "engines" (your muscles) stay healthy and strong for every workout. Think of protein as the building block to your muscle and without it you don't recover from your workout. This helps PREVENT the overuse injuries that people start to see when they think they're doing everything right, BUT not eating enough protein to recover. Eating for your sport will help keep you running into old age and feeling good while doing it.

What does eating like this look like? For reference, this is for a 5'10" 160lbs 40 y/o Male on a day which he will NOT exercise on, I even included beer in there if that's your jam.

Breakfast		Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Egg, 3 large		215	1	14	19	213	1	⊖
Banana, 1 large		121	31	0	1	1	17	⊖
Chobani - Peach, 1 Container 5.3 oz		120	17	0	12	50	15	⊖
Add Food Quick Tools		456	49	14	32	264	33	
Lunch								
Kroger ground sirloin - Ground Beef, 5 ounce		253	0	14	29	95	0	⊖
Rice - White, glutinous, cooked, 1.5 cup		253	55	0	5	13	0	⊖
Black Beans, 1 cup		220	38	2	14	20	2	⊖
Corn - Can, 1 cup		120	22	2	4	0	14	⊖
Add Food Quick Tools		846	115	18	52	128	16	
Dinner								
Beef - Hamburger, 5.5 oz		275	0	15	30	0	0	⊖
Hamburger Buns - Buns, 1 bun		120	21	2	4	230	3	⊖
Orida - French Fries, 4 ounces		120	29	0	3	533	1	⊖
Miller Light 16oz Draft - Miller Light 16oz Draft, 30 oz		240	8	0	2	13	0	⊖
Add Food Quick Tools		755	58	17	39	776	4	
Snacks								
Ration - Protein Shake, 1 Scoop		150	5	4	24	180	2	⊖
Add Food Quick Tools		150	5	4	24	180	2	
Totals		2,207	227	53	147	1,348	55	

If you have any questions about nutrition or need more resources on topics like this contact me directly at:

ashefflette@prorehablou.com

Upcoming Events

9/19/2019 6-9pm – Basic Bike Maintenance and Repair with Clarksville Schwinn

Location: Mile Wide Beer Co. (636 Barret Avenue, Louisville, KY 40204)

10/26/2019 3-6pm – Season Closeout & Bocce Bash

Location: 3rd Turn Oldham Gardens (6300 Old Lagrange Rd., Crestwood, KY 40012)

As most of the tri season officially comes to a close, it's Landshark tradition to celebrate and reminisce in the best way we know how...with a party!

This season's party will be held at 3rd Turn Brewing Oldham Gardens and it just happens to coincide with the inaugural Landshark Women vs Men bocce tournament! So no need to let your competitive spirit fizzle out once the season's races are over. It's time to go head to head in a fierce game of bocce where pride and world bocce domination is on the line.

3rd Turn has food, live music, TONS of space, and is family/kid friendly. And if IMLOU advertising is to be believed, we should be experiencing "idyllic fall temperatures" by that time, so...

Make plans to be at this year's season-ending bocce bash!



MEMBER SPOTLIGHT



Patrick Mickler

1. Where are you from?

We were born overseas in Wiesbaden, Germany (father was stationed in the Ivory Coast, Africa), then moved to Carmel, Indiana as an infant. Lived in and near Carmel until I turned 21, then moved to Louisville in 1996. Been here ever since.

2. What or who got you into the running/triathlon/endurance sport world?

I ran cross country in high school, then peer pressure sank in and I started to smoke. I smoked until my 30th birthday, when I had a pneumothorax (my right lung spontaneously collapsed). I quit smoking for a few months then started again. Then in 2007, my lung collapsed again and this time I had surgery to fix it permanently. I vowed this time to quit and get healthy. I started to run again, but short distances and only once a week. In 2012, a co-worker who hadn't seen me in a while, came by and during the conversation mentioned that I had put on some weight (good person huh?). This comment struck a nerve and I wanted to start to really try to get healthy. So in 2013, a friend and I decided to run a 5K/10k every month for the whole year. That pushed me to try to complete my first Half Marathon in 2014. Then I caught the running high. My twin brother during this time started to do sprints and olympics. Then he decided to complete his first Ironman in 2016. I was his sherpa at IMTX, and was blown away. The race was shortened that year due to flooding in Houston, so he wanted to "actually" complete the 140.6, so he signed up for IMLOU 2016. Again I was his sherpa, and this time his husband competed. It was an amazing day. We stayed until the very last person crossed the line, having drinks and such. It was the drinks, and being completely blown away at the awesomeness of each competitor, that made me decide to sign up for IMLOU 2017. Which, as the story goes, my twin agreed to race by my side and crossed the finish with me in epic fashion, arm in arm. I've been competing in one shape or form ever since.

3. How did you hear about the Louisville Landsharks?

I had mentioned to a co-worker what I was about to put myself through, and he mentioned another colleague that was in a club, Vance Collins. So I spoke to him about and he strongly suggested that I become a member, if only for the Deam Swims and the group rides.

4. What is your favorite race and why?

Favorite distance race is a 70.3. It's challenging enough, yet doesn't take a huge amount of time to train for compared to a 140.6, and you have plenty of time to do things after the race. It is not an all day event. I raced Waco, TX in 2018, and I truly loved that race. The location, the people, the course. On my list to do again.

5. What was your hardest race and why?

The hardest was my first Ironman, IMLOU 2017. Even though I was part of the Landsharks, I was training by myself. I did my own training schedule, with advice and guidance from my twin. I tried to go to every Deam swim and mudstache Mondays, hit as many group rides as possible, but still it was just me and my schedule.

6. How has the endurance sport world changed or affected you in other areas of your life?

Training and competing in any triathlon event takes a lot of time, dedication, failures, successes, an emotional and physical roller coaster. But it has taught me that no matter what life or this sport throws at me, I can dust it off, fix that flat, climb that next crappy Corydon Pike hill, and I will come out stronger and better in the end. Also, this sport and club has brought some amazing, inspirational, and supportive friends into my life.

7. What races and/or goals do you have for 2019?

The year is almost over, but the next race and goal is to qualify for Boston, 2021. I am competing in my favorite full Marathon, the Indianapolis Monumental, in November, and if I don't hit my goal, I will sign up for the Carmel Marathon, the KDF, and so on until I do. I also plan to sign up for all the local races next year just to keep up my game.

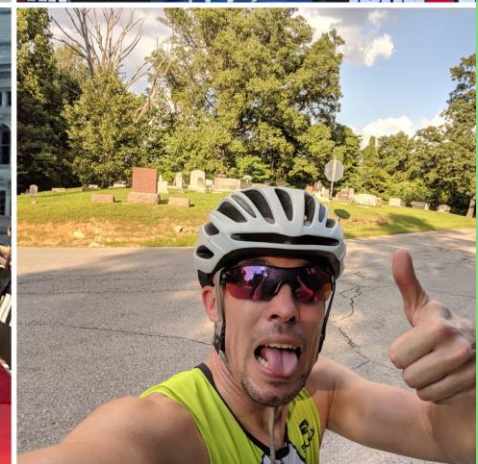
8. When you are not racing/training, what do you do?

Strange question, since that's all I've done over the past two years. But I do tinker with classic cars. I own a 1964 yellow and white VW Beetle (Skirby). I am a huge LouCity and music concert supporter. Plus I just bought a house with my partner, Daniel, and can't wait to start a new chapter in our lives.

9. Is there anything else we should know about you?

If you couldn't tell my answers, I have an identical twin, Chris "Stew", who lives in Austin, TX, and got me into this crazy sport. He has been one of my biggest supporters, and the person who pushes me to try harder and do better. Also, I couldn't end this without giving a shout out to my training team, CiK, and coach Sonja. They really pushed me this year towards my second Ironman and probably was one of the best decisions I've made in this sport.

Go Tan Bananas!!!!





Did you know that as a paid Landshark member, you get free turn by turn navigation on the Landshark Club Rides from your phone or compatible GPS device? No need to worry about getting lost whether you are leading the pack or having fun in the back of the pack.

Visit the link below to get started.

<https://louisvillelandsharks.wildapricot.org/Ride-With-GPS-Routes/>



Don't forget to sign up for the Landshark text notification system for important updates and training cancellation information!

To receive these alerts, text 'SHARKALERTS' (without the quotes) to 84483 to receive alerts from Louisville Landsharks, or signup at on the website [here](#).

Club Store

The official Landshark Social Gear store is open 365 days a year! You can [visit here](#) to check it out. Instructions for accessing the site can be found on the member facebook page under files titled "Landshark Social Gear".



Welcome to the Club!

Please join us in welcoming this month's new and returning members: Lindsey Precious, Brittany Rusinko, Scott June, Dan Green, Jeff Johnson, Marcus Woods, Christopher Brooks, Michael Wright, Terri Friel



Don't forget! Each social you attend will give you the chance to win a Louisville Landshark pint glass! Two will be given away at each social.

Many thanks to our sponsors for the 2019 season. Want to know more about them, [visit here](#).

