

70.3 WORLD CHAMPIONSHIP PREVIEW

# triathlete

**BEST EVER**

## RACING TIPS

- MENTAL TRICKS THAT WORK
- 10 QUICK FIXES WHEN THINGS GO WRONG
- SEASONED PRO ADVICE

*Plus:*  
**TIME FOR A BIKE RE-FIT?**  
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**PR IN YOUR  
 40s, 50s, 60s**

**The Right  
 Shoes  
 for Your  
 Stride**

**TIME-CRUNCHED  
 TRIATHLETE  
 MAXIMIZE  
 YOUR  
 WEEKEND  
 TRAINING**

**FIX YOUR  
 CRACKED  
 CARBON**  
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**70.3 WORLD CHAMPIONSHIP CONTENDERS  
 LUKE BELL AND MAGALI TISSEYRE**

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## → Roll Away

Wheel Energy, an independent tire-testing lab based in Finland, is able to quantify tire performance using laboratory tests. Specialized, among other tire makers, uses this facility to measure and improve its products. Through its testing, Specialized found that using a latex clincher tube rather than a standard 0.6mm butyl tube reduces rolling resistance by roughly 10 percent.

## → Hip Hip Hooray!

The knee is the most common site of injury in triathletes, mostly caused by running. Some experts have suggested a link between weak hip muscles and running-related knee injuries. Researchers at Belgium's Ghent University recently tested this hypothesis with a prospective study.

The subjects were 77 beginning runners. Researchers measured hip muscle strength in each runner before the start of a 10-week training program and then tracked the incidence of knee injuries throughout the program. While a number of the runners did develop knee injuries, there was no difference in the hip muscle strength of those who got hurt and those who stayed healthy.



## Hit the Road

Traveling and triathlon training often do not go hand-in-hand. Hotel gyms and pools can be less than stellar, but we've found a few gems.

### 1 THE CHARLES HOTEL Cambridge, Mass.

A popular amenity, The Charles Hotel in Cambridge, Mass., offers guests running maps designed by four-time Boston Marathon winner Bill Rodgers. The maps take runners along five different routes with distances varying from 1.3 to 8.6 miles. If training for a marathon, try looping a few of the paths. Maps are pocket-sized, and come with running tips and a personal message from Rodgers. [Charleshotel.com](http://Charleshotel.com)

### 2 CLAREMONT HOTEL CLUB & SPA Berkeley, Calif.

Get your cycling in with an indoor spinning workout at the Claremont Resort in Berkeley, Calif. Triathletes can maintain their biking endurance with classes such as "Long Ride," with 75 minutes of pure spinning, or "Video Cycle," in which guests can ride while watching their favorite music videos. Guests will also find state-of-the-art workout equipment. [Claremontresort.com](http://Claremontresort.com)

### 3 LODGE AT VENTANA CANYON Tucson, Ariz.

No need to fret about small hotel pools at the Lodge at Ventana Canyon in Tucson, Ariz. Swimmers will delight in eight lanes of this junior Olympic-size (25 meters), heated, outdoor pool. The lodge also offers instructors, and guests are encouraged to join the local swim club's workouts. Plus, the pool is always a welcome reprieve from the desert heat.

[TheLodgeatventanacanyon.com](http://TheLodgeatventanacanyon.com)

//JENNIFER PURDIE



### HILTON ANATOLE HOTEL Dallas, Texas

Dallas knows how to treat triathletes right with its Verandah Club at the Hilton Anatole Hotel. It's an upscale, 80,000-square-foot private club in a 7-acre park. Runners will be treated to an indoor and outdoor track. Plus, swimmers will enjoy the 25-meter indoor lap pool and cardio and strength-training room. [Verandahclub.com](http://Verandahclub.com)

