



The Braveheart Bootcamp Triathlon Challenge

By Leigh-Ann Webster

This spring, we found ourselves immersed in quite a feat! It was time to put Lesley's dream into action to create the first ever Braveheart Bootcamp Triathlon Challenge! The camp was to include 7 young adults from challenging backgrounds. Each participant would be coached in swimming, biking and running in hopes that they would continue to participate in the sport, and grow both mentally and physically from their experience.

After the initial idea, we spent 6 weeks rounding up applicants from a variety of high schools, junior colleges and various non-profits. Sounds so simple, but it was actually quite difficult convincing people to take the risk and apply to train for a sport that they didn't even know existed!

So, what was the result? An amazing week of sweating, crying, bonding, fear

and triumph amongst our 7 selected participants! Each of them showed everyone what it truly means to have a *Braveheart*!



Now that the camp is over, we continue to communicate with the participants on a regular basis. They have been paired with mentors for the year, and many of them will participate in the

Mission Bay Triathlon on Oct. 6th. If you happen to see one of them out training or on Facebook, please offer encouragement and guidance as they could really use your support. After all, it really does take a village!

Of course, none of this would have been possible without the support of so many people who believed in Lesley's dream! Thank you to everyone for donating your time, your money and your talents. We really couldn't have done it without you.

Braveheart of the Month - Billy Allen

I had the opportunity to catch up with Billy Allen who lives in New York. Here's what he had to say.



What inspired you to become involved in triathlons?

I raced Motocross from the time I was 8 years old. My Father and I traveled all over the country riding at various training facilities as well as racing Amateur Nationals.

When I was 16 I was looking to turn pro and I got my first road bike in order to do some training with local cycling groups. In the Motocross off-season of that year I decided to do a local Duathlon as a good training day. It was there that I learned that I could run... I had the second fastest run split of the day!

When I was 18 I turned professional and raced two seasons as a privateer before I had a bad crash that led to major shoulder surgery. Two months after surgery I decided I couldn't sit around any longer, so I figured what better rehab for a shoulder than swimming? I joined a local swim club and began to swim. When the next racing season came I went back to Motocross. After that season there was a choice that had to be made; continue traveling to race while going to school part-time, or ease up on the racing

and finish my education. I took the second path and decided to focus on finishing up school and starting a "real life". However, something was missing. I had trained for hours a day, every day, dedicating my life to a Motocross career. I missed that daily feeling of accomplishment, and that fiery drive that can only come from working towards a monumental goal. So, I decided to re-join the local swim club and give triathlons a try!

What do you think about to push through difficult workouts?

I actually have a funny way of getting through tough workouts...I consider "Pain" an old friend. When I start to hurt I say out loud, "Hey old friend, I see that you're here to help me reach my goals again, LETS ****ING DO THIS!" Then I envision "Pain" putting its hand on my back and pushing me forward. I know it sounds strange and some of you might think I'm crazy but, ... it's called having a "brave heart" not a sane mind!

What is your ideal day?

Wake up around 6, get in a solid swim, eat a good breakfast, take a 2 hour nap, snack on some Udi's gluten free muffins, head out on the bike for a few hours, then do a transition run with a solid pace. After that I would eat some Thai food, and then rent a movie with Cassie and relax with my feet up for the night!

Braveheart Race Reports



Cherell Jordin

Vineman 70.3 - 2nd AG
St. George 70.3 - 2nd AG
Oceanside 70.3 - 3rd AG

Cheryl is currently ranked #1 in Ironman 70.3 World Rankings for her AG (40-44), She lives in Utah with her husband and 2 children, and is preparing for Kona.



Kyle Rausch

I competed at AG Nationals in Milwaukee on August 10. It was my first race back from getting hit by a car in and separating my shoulder, and my first race with Lesley as my coach! Race went well for being my first race back. The encouragement & coaching I get from Lesley is second to none!!



Katharine Wilson

3rd at XTERRA Lory (AG 25-29)
2nd at the XTERRA Mountain Championships (AG 25-29).

Katharine qualified for XterraWorlds in Hawaii which she'll be competing at in October. She is a Canadian currently living in Vail.

Lesley's Village...Who are They?

Periodically, we'll introduce Paterson Press readers to the professionals who provide Lesley with training guidance, nutritional support and therapy. This quarter, I had the opportunity to talk with the founders of **Kohana Pharmacy and Center for Regenerative Medicine** who provide Lesley with homeopathic vitamins and therapies.

Q. Welcome to the "Braveheart Family". Tell us about yourselves.

A. Thank you! We're very excited to work with Lesley. We are Kohana Pharmacy and Center for Regenerative Medicine. As our name implies, we are a very unique and diverse Pharmacy. Our expertise lies in the integration of Traditional (Western) Medicine, Alternative (Regenerative) Medicine and Homeopathy in the care and the well-being of our patients.

The founders and owners of Kohana include two Pharmacists with the advance degree of Doctor of Pharmacy who are also Board Certified in "Anti-aging and Regenerative Medicine". The third owner of Kohana is a practicing environmental scientist with over 30 years of experience. In future newsletters she will introduce everyone to the almost epidemic health effects of the toxic world in which we live, discuss the sources of toxicity in our everyday lives and the detrimental effects on performance and overall health, and what Kohana can do to help.

Q. Are you currently working with athletes?

A. We certainly are! We're working with a group of "Cross Fit" athletes in the San Francisco Bay Area as well as professional baseball players with the San Francisco Giants. We are also helping ex-NFL football players achieve and maintain optimal health after their playing days.

Q. Can you give us more information about the supplements and what makes yours different from everyone else?

A. In future newsletters we'll provide information about specific products. We want everyone to know that unlike many products on the market today, our products are "Pharmaceutical Grade" meaning they are "clean." This means that there are no "irritants" or toxins in either the final product or the manufacturing process. Also, all of our products are "clean," in the sense that the ingredients are evaluated according to the World Anti-Doping Agency (WADA) regulations.

To learn more about Kohana Pharmacy and Center for Regenerative Medicine, please visit them at www.kohanarx.com. Or contact the owners, Bob Quinn and Lyne Hethrington directly at 805-542-0864.



Hey Team!

What is it they say? You realize how much you love something when its been taken away from you? To compete in triathlon at a pro level, in fact at any

level, you have to be driven by immense passion for the sport. When injured, and the joy of this sport is taken away from you, boy oh boy is the true extent of the passion revealed.

So, after such a great season, I found myself on the sidelines with a knee issue and let me tell you, it was not pretty. I always try to take these situations and grow from them. Really look deep in the soul and gain perspective that I can pass on to my athletes when they're in need! Having come out the other side now fitter and stronger than I've ever been, what did I learn?

- ◆ That I have an amazing husband and the most supportive team of friends and family around me. The tears flowed, the depression set in, and yet they were all there to help me through it. A team is everything.
- ◆ That I LOVE to train and punish my body every day. Without it I feel naked to the world. Truly not myself. People call this an addiction. So what if it is. I'm gonna own it because it is who I am.
- ◆ Gratefulness. I love what I do and I'm lucky to do what I do. NEVER forget that.
- ◆ Perspective. People have far worse problems than me so take stalk when you can and remember how fortunate you are.
- ◆ Joy. I do this sport because it gives me pure unadulterated joy. When that changes, I will find another source of joy because without that in my life, I feel empty.
- ◆ Patience is not one of my virtues but I'm working on it. Learning to be present in every thing I do to maximize everything I do.

And so folks, if you are sick, injured or can't do what it is you really want to do, maybe these insights will help you on your journey through triathlon or indeed life. Use the fears, the doubts, the insecurities and the failings to open up your inner world and learn about your wonderful self. In the end it will help you grow stronger. Trust me on that one.

Nutrition for Athletes

Creating An Optimal Plan for Metabolic Efficiency

Contributed by Krista Austin, Performance and Nutrition Coaching

Performance nutrition is about using the foods you eat to optimize training goals and performance. Metabolic efficiency is a nutritional strategy that can lead to increased sustainment of critical speeds and power outputs in training and competition, as well as improvements in body composition and stable blood glucose levels. The goal in consuming a metabolically efficient diet is to improve the amount of energy derived from fat and spare glycogen stores.

Metabolic efficiency was documented years ago by exercise physiologists as the crossover concept. At rest the predominating energy source is fat and as we go from low intensity exercise to more moderate and high intensity exercise, there is a point where carbohydrate crosses over and becomes the primary fuel source. Many top Ironman competitors have been documented to have a very high capacity to generate energy from fat stores and it is thought that this may be one of the reasons for their success. Indeed one of the keys to improving performance in endurance sports is to increase the amount of energy we can produce from our fat stores.

Athletes of all capabilities can benefit from improving metabolic efficiency. It's important, however, that energy needs are met to ensure that athletes don't increase their risk of injury or end up in an under-recovered or over-trained state. There are many interesting methods that have been suggested for improving metabolic efficiency including a high protein intake, minimizing food consumption prior to and after training, as well as not eating at all during certain time points in the day.

Understanding how to construct a nutrition plan filled with adequate carbohydrate and supported by the right type of protein and fat sources is the key to getting metabolic efficiency right. Here are five steps for

creating a performance nutrition plan that improves metabolic efficiency and an example of how you can eat just like the pros.

Step 1: Keep your performance goals in mind.

Changing nutritional habits is never an easy task so we need to be motivated to make it happen. Let your goals be the fuel in the furnace of achievement! By eating to optimize training and performance, we are far less likely to backslide into our old ways.

ATHLETES OF ALL CAPABILITIES CAN BENEFIT FROM IMPROVING METABOLIC EFFICIENCY.



Step 2: Choosing the right foods.

Foods that create a low glycemic response (i.e: that don't cause spikes in blood glucose) should be the focus of the nutrition plan. You can envision this by dividing up your plate mentally: it should be 1/3 whole grains, 1/3 fruit and vegetables, and 1/3 lean protein.

These meals or snacks should naturally have healthy fats mixed into them by incorporating foods like avocados, nuts, olives, and hummus.

Step 3: Eating frequently and mindfully throughout the day.

Eating every two to three hours is important to ensure you consume enough energy and maintain stable blood glucose levels. Being mindful of how much you're eating at any one point in time and not eating past "full" will help to ensure the right portion size. Knowing why you're eating and what the foods are doing for you at that very time and later throughout the day will also help you keep your performance goals in mind.

Step 4: Optimizing carbohydrate intake before, during and after training. One of the keys to improving in this sport of triathlon is ensuring that you're maintaining the quality of your workouts. Recommendations for carbohydrate intake during training range from 0.5 to 2.0 grams per minute. **Continued**

Performance

2 Quick Running Tips From World Record Holder Olivier Bernhard

Contributed by ON Running

BE PATIENT

Give yourself time. Patience is paramount in running, as it is in any endurance sport. It's not just your joints and



muscles that will need time to get used to the new demands that are being made of them; your whole metabolism and your cardiovascular system will need to adapt to the new challenges, too. After three or four weeks of running, though, you should find that, while your

speed remains the same, your pulse has slowed down – the first sign that your metabolism is making itself more efficient.

VARY YOUR ROUTINE

As strange as it may sound, your muscles will have soon stored away all the topography details and the performance they will be asked to provide for your regular Tuesday evening run. And every Tuesday when you put on your running shoes, your body will go into “autopilot” mode: seen it all and done it all before! So if you have to run the same route, at least do it backwards for a change. Challenge your body by varying the sensations; and build up a repertoire of running routes in your local surroundings. When you get more into your training routine, you'll find that variation is especially vital to making further progress.

Nutrition for Athletes - Continued

During aerobic training sessions you can improve your metabolic efficiency by focusing on low glycemic snacks or meals in the hour before training and in the recovery foods you consume 30 minutes immediately after. Most importantly, though, slowly decrease the amount of carbohydrate you take in during training at a given speed or power output. For example, if during a 3-hour long distance cycling session (where you average 150 watts) you typically consume 60 grams of carbohydrate per hour, try to decrease your intake by 10 grams per hour each week over a three-week period while sustaining your average power output. If you can do this in the same pre-workout state then you've succeeded in improving metabolic efficiency. Your energy now comes less from carbohydrate and more from fat stores.

Step 5: Enjoy your food! Food should be fun and enjoyable. If we don't take interest in the food we eat, the likelihood of sticking to a nutrition plan is minimal. Designing a nutrition plan to improve metabolic efficiency doesn't have to be dull, lacking in flavor, or missing the carbohydrates athletes need to sustain energy. It's about eating the right type of wholesome foods frequently and in the right amounts. Sustaining daily energy and the quality of workouts should never be compromised to obtain your performance nutrition goals.

For more information about Krista Austin visit www.performanceandnutritioncoaching.com or email her at krista@performcoachsd.com.



Meet Blaize Baehrens - A Daring Man Willing to Work on Lesley's Bike

When did you first decide you like bikes?

So there I was. 10th birthday party. First "real" bike. Huffy with disc wheel covers on the back AND the front. First ride, made it almost around the yard. Then head first into the kiddie pool, over the handlebars, soaking wet, and I thought "yeah, this is the sport for me".

Craziest thing you have ever done (that can be in print)?

Left a career as a construction consultant for a 80% pay cut to start a new career as a bicycle mechanic. (My wife really loves me.) Rocked a mullet for about a decade growing up. Then brought it back for 2012. Remind me not to do that again.

Biggest fear about working with Lesley?

So Lesley's Scottish. Scotland's national animal is the Unicorn. But unicorns are mythical. But if they're mythical how can it be a national animal? I smell conspiracy, of which Lesley may be a part.

TECH TALK

How Will High-End Wheels Impact Your Ride as a Novice?

Contributed by Jake Pantone, ENVE

I often run into athletes and in particular women, who do not feel they are “good enough” to ride top shelf race wheels. Oddly enough it's often these smaller or less experienced riders who can benefit the most from the technologies built into ENVE wheel systems. On the road side we offer a wheel line called the Smart ENVE System which are designed to offer class leading aerodynamics, stability, and strength. Below is some insight from ENVE's aerodynamicist Simon Smart:

“A common misconception with a lot of novices is that they do not think they are good enough to use deep section wheels. In terms of saving energy or increasing speed, a fast set of wheels will make a noticeable difference to anyone. It's like strapping a 'sail' to your bike so I understand that beginners may feel a bit nervous about riding deeper rims.

Our primary objective when developing the SES wheels was to make them stable and rideable (otherwise what is the point if a wheel that tests fast in the wind-tunnel is unstable and ultimately unrideable most the time). At a triathlon camp in Lanzarote last winter I remember talking with some age groupers about my wheels after riding past them in a howling gale that was pushing people on shallow wheels across the road. One of triathletes went on to buy some ENVE 6.7 Clinchers for the 2012 season. After a great season of racing he contacted me to say thank and that the wheels were a game changer for him. He said he never considered himself good enough to ride a deep wheel, and now he could with confidence. It brought a whole new level of enjoyment to his riding.

Not only is it important for beginners to have the same aerodynamic advantage as the elites, but it is important to have a stiff and light wheel to maximize power transfer when accelerating and climbing. You need to have a wheel that is competitive on weight using heavier and very stiff hubs for better power transfer, whilst having light rims so you can carry good speed over the climbs.

Of course, I recommend the ENVE SES range because it is very versatile. The 5 year warranty also allows you to buy them as a beginner and progress through the ranks because they are very robust and will last you for many years of training and racing.”

For more information visit www.enve.com.

THE ATHLETE'S APPETITE

Kale, Chicken & Yam Soup

By Jess Cerra, Fit Food by Jess

This soup is batch cooking at it's best. Quick and easy to develop killer flavors with nutrient packed ingredients. As the weather cools down, warm up with this unique recipe.

Ingredients

1 rotisserie chicken, meat removed and shredded
1-32 oz box (4 cups) low sodium chicken stock
1-32 oz box (4 cups) low sodium veggie stock
2 medium yams, peeled and diced
6 cups (packed) kale, chopped
1 small yellow onion, diced
1 carrot, peeled and diced
1 celery stalk, diced
5 garlic cloves (2 Tbsp), finely minced
1 Tbsp fresh rosemary, finely chopped
1 Tbsp fresh thyme, finely chopped
3 Tbsp olive oil
2 Tbsp whole wheat or brown rice flour
1 tsp salt
½ tsp freshly ground black pepper

Preparation

Heat 2 tablespoons of the olive oil in a large pot or Dutch/French oven, over medium heat. Add onion, carrot, and celery and sauté 5 minutes. Add garlic, rosemary, and thyme and sauté another 5 minutes, stirring every minute. Add the other tablespoon of olive oil and the flour to the pot. Stir to coat the vegetables and let sauté for another minute. Add the stock to the pot and stir to combine with the veggies and the bits from the bottom of the pot. Bring heat to high until the stock comes to a low boil. Reduce heat and let simmer 5 minutes. Stir the chicken into the stock and veggies. Let simmer another 5 minutes. Add the sweet potato, cover and let cook 5 minutes. Turn off the heat and add the kale to the pot. Stir to combine all the ingredients. Let sit 10 minutes before serving.

Fit Food by Jess prepares fresh, healthy, seasonal food customized for busy families and athletes. To learn more about Fit Food by Jess visit www.fitfoodbyjess.com.

Many thanks to my sponsors, partners, and to those who supported the Braveheart Bootcamp Triathlon Challenge.

SONY
make.believe

2XU
HUMAN PERFORMANCE. MULTIPLIED.

PAUL MITCHELL

**o
n**



SCOTT

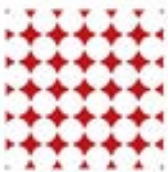


popchips

SHIMANO

OAKLEY

KASK
helmets



viewhotels
AUSTRALIA

KOHANA

BL
bike+sports

spider tech
WORLD'S #1 PRE-CUT THERAPEUTIC TAPE

J. WRIGHT DESIGN

SWG
SWISS COMPRESSOR

Special thanks to the Challenged Athletes Foundation for providing us with your support and the space for our kick-off dinner.



I would also like to thank **Road Runner Sports** for providing us with facilities during the event, **B & L Bikes** for providing us with transportation, and Eric from **It's a Bike Shop** for providing mechanical support, and Graham Milner from **WD-40 Bike** for maintenance support.

I would also like to give special thanks to the following people for really going out of their way to make this camp such a success:

Mitch Thrower
Alison Terry
Alan Voisard
Amanda Webb
Kyra Oliver
Tabitha McMahon
Heidi Selman
Jake Steen
Mike Rouse
Ian Stokell
Marison Beniek
Stacy Sauls
Mike Radcliffe
Stacy Schlocker
Jonathan Jefferson (J.J.)
Liz Gruber
Curtis Krick
Sean Dillon
Scott Shepard from Outdoor Outreach

Special thanks also goes to the restaurants that provided food:

Luna Grill
Isabel's Cantina
Shakespeare's Pub
Tender Greens

Special thanks to Chobani Yogurt for supporting the camp with breakfast.

CHOBANI

Congratulations to Lucy, Theo, Bri-Jay, Jezzel, Dylan, Umida and Vincent for completing the Braveheart Bootcamp Triathlon Challenge!



Follow Lesley's race at
Xterra Worlds in Maui on
Oct. 27th by going to
@Lesleydoestri.



The Paterson Press will be distributed every quarter. Please submit all photos and articles to the designer & editor, Leigh-Ann Webster at leighann@lesleypaterson.com or contact 858.395.5808.

For more information about Lesley Paterson visit

www.lesleypaterson.com.



www.facebook.com/lesleypatersoninc



[@lesleydoestri](https://twitter.com/lesleydoestri)