



New Masters Swim Program

Begins Mid July

t2coaching will be offering a New Masters Swim Program for Fort Collins. Join Wendy and Don in mid July at the CSU Recreation Center. This will be a noon program for all abilities. Each session will be a one hour coached workout with Wendy on deck. Keep checking the t2coaching web site for more details.

Kathy @ Lake Loveland Open Water Swim 5/21



Getting Started...again

It Must Be Spring by Don Alvarez

I started running today...again. It was harder than I remember and hard to believe it was on the same trails I used to fly over here in Fort Collins. It is hard to believe since I was sitting in an apartment in Chattanooga, TN only four weeks ago packing to return here after my job didn't work out.

During yet another packing, I came across a picture of me, taken around the time I met Wendy. I am working on a house, bent, with a hammer in my hand. I am looking up with a tanned face, tanned from six days a week of running. It is the old story, I am eight percent body fat and twenty five pounds lighter. My arms and legs are muscled. I have hair. It is me, and it is not me. More like a relative, a cousin.



Back then I ran almost every day. If I missed two days I got

All Things New

It must be Spring. The lake water is still a little chilly, muscles sore, and dreams are awakening. For some, who seem to be just a little more disciplined than most, early season races are here. For the rest, struggling through winter, maybe even hibernating, there are the pains of re-birth. Getting started again can be hard. But this season you can make things a little easier, or at least have company on your Quest for fitness. t2coaching is back in town. After a short adventure in the South Wendy and Don are back to offer group training at the track, Saturday rides and open water swims, with an added venue in Wellington. And check out the calendar for the New Masters Swim Program at CSU. Whatever condition you have found yourself in this Spring get going. Dust off the bike, ice those sore muscles and remember, the dreams may have mellowed or they may have grown, either way it's your dream.

EVENTS

[6/2 Open Water Swim](#)

antsy. Three, well I didn't let that happen. It had taken me almost two years to get that fit. When I started I was around two hundred pounds. Late at night I would slip into a pair of tights and head out on my three mile jog/walk around campus. Just before leaving the house my daughter would ask, "You're not wearing that are you?" And while I acted confident about my body image I knew something she hadn't thought of. At nine thirty at night ain't nobody gonna see me in black Lycra tights.

Looking at the picture I thought, I can do that again. I still have some unfinished business. There are a few race directors around the country with my money for races I didn't do. As I got out of shape I kept trying to do what the guy in the picture could. But I couldn't. And now, well, I am not that guy.

But I have been thinking that I may be a bit smarter than him. These eight years watching Wendy consistently work toward her goals and listen to her body have taught me some things. I know now not to try to be someone else. Someone I see at a race. Even if it is me watching from the past. The goals I set are mine and based on what I am willing to do and have done lately. After the race, when I go home, the key I slip into the door fits only my home, humble as it is. When I walk up the steps on aching legs to soak in the tub, I 'll look into the mirror and see my mother's eye brows, and fathers noble nose. And I'll see an old relative too and look him in the eyes. And there are some things I still might want to finish. And to finish I know, you have to start. And sometimes, you have to start...again.

The finishers photo is of Jen Boland @ IM FLA. How happy is she?

Underwater Camera is Here

Get a Lesson Now

That's right! Now you can see yourself swimming. With video from above and below the water, and 1 on 1 instruction from Wendy, you will be able to see what you need to do to progress. And there is no extra cost*. Ask about group rates for your team or club.

* There is an additional cost for a DVD with commentary.
See the [t2 coaching](#) web site for more details.

Wellington
Every Monday in June @
5:30

6/9 & 16 Team Trifecta
Members ONLY

6/3 Track @ CSU
Every Tuesday in June @
5:30

Team Trifecta Members
ONLY

6/7 Team Trifecta Group Ride
1st hr as a group. Every
Saturday in June except 6/21.

Team Leader needed.
Team Trifecta Members
ONLY

6/11 Lake Loveland Open
Water Swim 6PM

6/15 Father's Day 5k Old Town
Fort Collins @ 8AM
For more information call 970/221-
6837

6/18 Inaugural Fin @ Feet
Swim Run @ Lake Loveland
6PM

6/22 Wendy Racing in Coeur
D' alene 7AM Burrrrrrrrrrrrrrr

6/26 City of FC Employee
Wellness program begins

6/27 Loveland Lake 2 Lake
Expo & Open Water Practice
4-7


6/28 Lake2Lake Triathlon

7/8 NEW MASTERS
PROGRAM
NOON @ CSU (Tentative)


start date)

GET STARTED WITH TEAM TRIFECTA TODAY

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Runners Roost
FT. COLLIN



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