

Sun.

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05

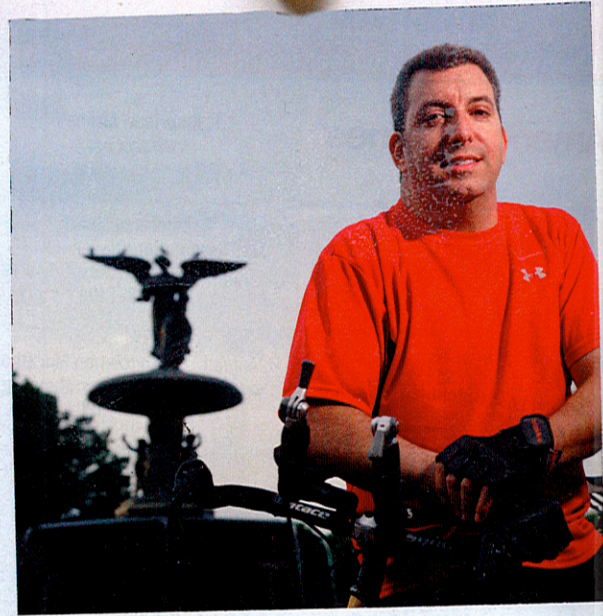
7:30 Run

4

7am Run

Lunch with Kris
Hike w/ Kids!

Lunch-time
Bike ride



Everyday Athlete

8:00 Dinner w/ Bells
Haircut Appt.

While some lucky athletes are born, not made, for most of us, it takes a lot of work, determination and inspiration to realize our potential. And that may not happen until we cross that line into adulthood. Meet four everyday people who have used the outdoors to transform their lives (and their waists), becoming happier and healthier in the process. Plus: Unleash your inner athlete with advice from expert trainers, and start down your own road to success. **[By Evelyn Spence]**

6:30 Swim lesson

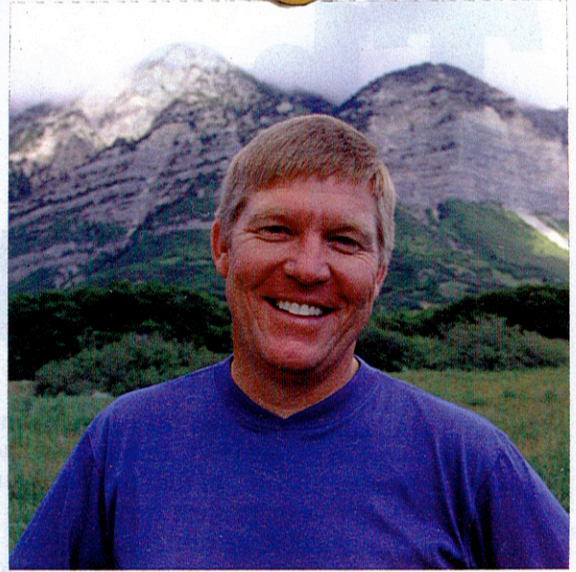
Wed.

Thurs.

Fri.

Sat.

7:30 Run
Hit the gym



3

0

REST DAY!!

RACE DAY!

14

15

16

17

24 Company BBQ

tes

3:30 carpool

Michelle's B-day



8

The Mountaineer

NAME: David Tobler

AGE: 46

PROFESSION: COMPUTER SPECIALIST, UTAH VALLEY STATE COLLEGE

GOAL: LOSE 40 POUNDS AND SUMMIT MOUNT RAINIER

When David Tobler accepted his brother's invitation to climb 14,410-foot Mount Rainier, he had one overriding incentive to get in shape: His teammates all had tackled Mount Rainier successfully at least once before, and one had even proposed to his wife on the summit. Translation? "I didn't want to be the old fat man on the expedition," says Tobler. "I didn't want to slow everyone else down." At 46, Tobler is hardly old, and after touching the summit of Rainier in July 2002, he can no longer call himself roly-poly. Fifteen years of bad habits—a sedentary job and a weakness for junk food—compounded by a slowing metabolism made Tobler ripe for a change and set him in search of a reason to get healthy. In fact, the moment he committed to the climb was the moment that he started to drop weight, shedding close to 40 pounds all told. "When I started training for Rainier, it was a turning point in my fitness, and in my life," he says. "It truly opened up a new chapter." He'd never understood people who kept dieting and working out in fits and starts, and never wanted to bother: "I just didn't see the point of piddling around."

For Rainier, Tobler didn't bother with personal trainers and didn't set times to meet with friends. Instead, he took things one step at a time—alone, slow and steady—just like climbing a peak. He started with his diet, setting simple rules for himself. "I started eating three meals a day, since I used to skip breakfast," he says. "I didn't snack. I took smaller portions, didn't take seconds. I just ate smarter." He began running at an outdoor track, in 30-minute blocks, three days a week, and he finally made use of the weight room on campus. As he became more fit, he hiked around the mountains and canyons close to his home—including 11,753-foot-high Mount Timpanogos. Sometimes he'd hike through the snow. Sometimes he'd bring up to 55 pounds of gear along just so he had a bigger load to carry. Sometimes he'd snowshoe up high, cook dinner in his vestibule, spend the night by himself.

It was only when he needed to learn about the technical aspects of mountaineering—glacier travel, self-arrests, walking in crampons—that he joined the Serac Mountaineering Club, a local outdoor group, and found himself tapped into a new community. "I didn't think I'd keep doing this stuff after Rainier," he says. "I just needed to learn those skills." He was mistaken. His trip to the summit up the Emmons Glacier route was near perfect: He felt strong, was able to keep up with his Gen-X rope mates and didn't even mind when the group strayed off-course on the descent and had to climb 500 feet back up. It wasn't long before he needed a new summit for which to strive.

Make that summits. Since knocking off Rainier, Tobler has scaled Mount Whitney and Mount Shasta, along with numerous 11,000-foot peaks in Utah. This summer he's leading the Serac Club's trip up his favorite 14,410-foot volcano. "Mind you, I'm not guiding them—I'm just organizing," he says. "They're the newer people in the club, and it's their first try."

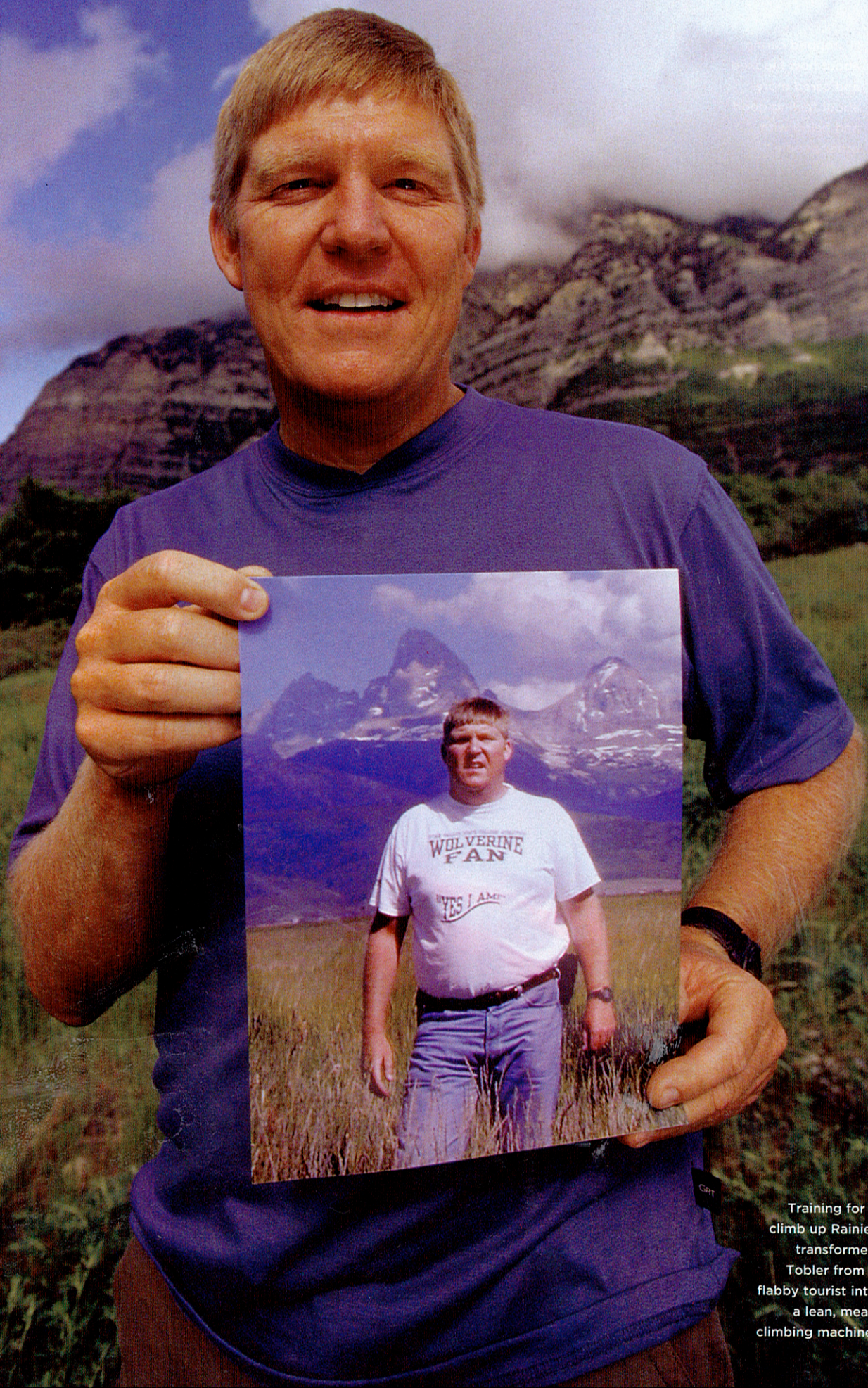
Unleash Your Inner Mountaineer

THE COACH: Courtenay Schurman, a trainer and mountaineer in Seattle, has climbed Rainier, Hood, Adams, Glacier Peak, Baker and Kilimanjaro—and helped people reach summits in Alaska, Mexico, Europe and Nepal.

THE TRAINING: The most crucial tip? "You have to go up and down," says Schurman. Even if you're in excellent shape, you need the strength endurance to carry weight on the ascent (taxing your glutes and hamstrings)—and descent (firing up those quads). Aim for a midweek, hour-long pack workout up and down hills or stairs—upping your load 3 to 5 pounds a week—and a longer hike on weekends, working your way up to 40–50 pounds. Live in the flatlands? Push your treadmill angle to the max. Try lunges, squats, dips and one-legged step-ups to

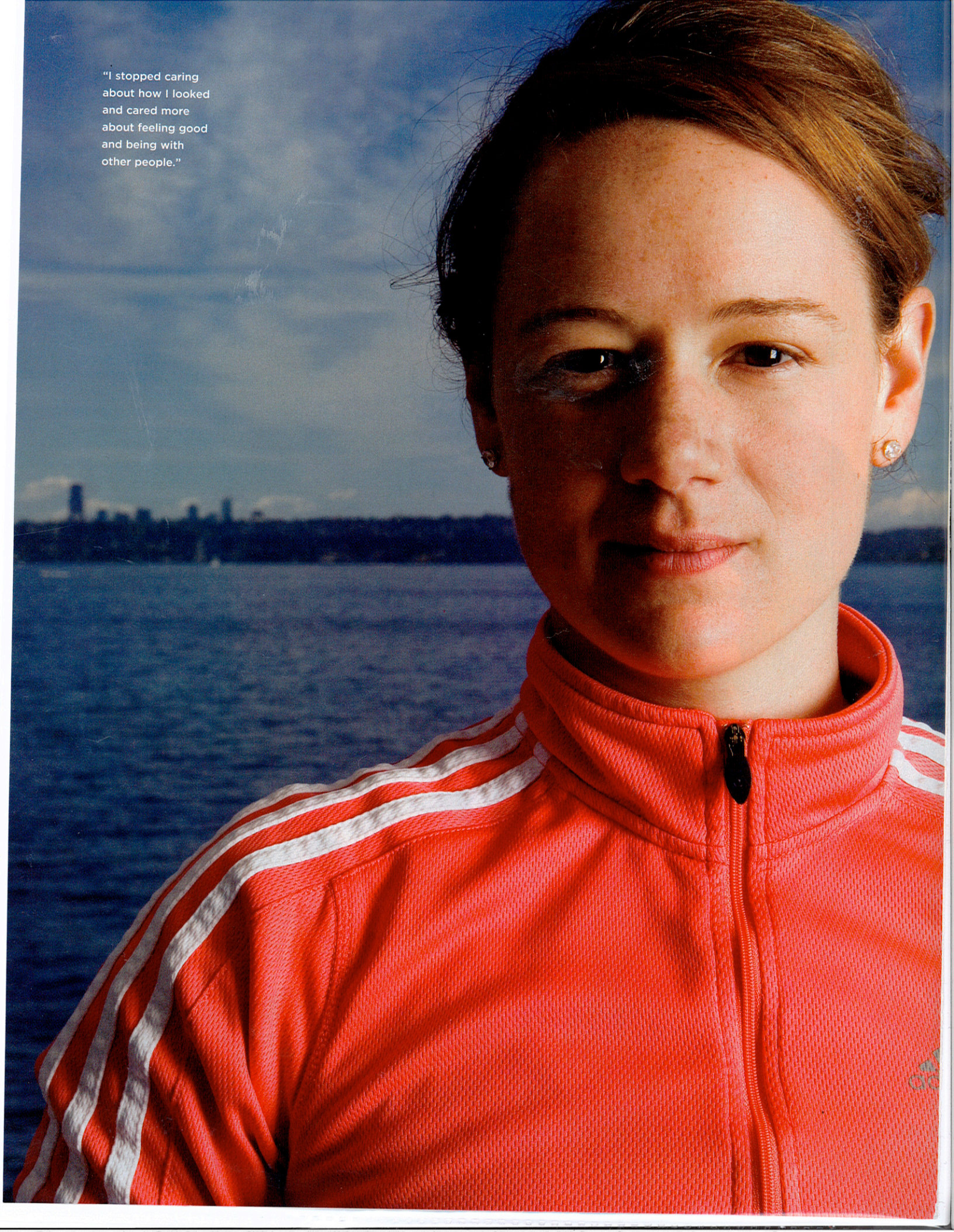
simulate real-world movement. And if you're worried about adjusting to the higher altitude, try Schurman's three-pronged strategy: Do interval training—stairs, sprints—to get your heart rate up and "used to the feeling of breathlessness;" arrive at Rainier early and spend time up at Camp Muir, a staging area at 10,100 feet; and learn proper energy-saving techniques for stepping and breathing.

THE RESOURCES: Order a copy of *Train to Climb Mt. Rainier*, a DVD with a six-month fitness plan, available on Schurman's Web site (www.bodyresults.com)—which is packed with dozens of tips. Pick up *Mountaineering: The Freedom of the Hills* (The Mountaineers Books, 2003) to bone up on ropes, knots and navigation. Book trips with Rainier Mountaineering, Inc. (www.rmiguides.com).



Training for a climb up Rainier transformed Tobler from a flabby tourist into a lean, mean climbing machine.

"I stopped caring
about how I looked
and cared more
about feeling good
and being with
other people."



NAME: Stephanie Saad

AGE: 29

PROFESSION: MICROSOFT PROGRAM MANAGER

GOAL: KEEP UP WITH HER FRIENDS, RELIEVE STRESS AND FINISH A MARATHON

The Runner

"When I was younger, I wasn't in very good shape. I had the hand-eye coordination of a bear," says Stephanie Saad, laughing. "I could barely handle kickball in gym class, let alone run 5 miles." She pauses. "Come to think of it, I could have made a bear look *really* good." For someone who early in her 20s started jogging, completed a 24-hour adventure race and recently broke the tape of her first marathon in a remarkable 3:48, things have definitely changed. But it didn't come easy: Saad, who works as a lead program manager at Microsoft, had to overcome long, solitary hours facing a computer screen, a high-octane office and her own drive to perform well in her job. The stress was overwhelming. "I finally realized that I needed some kind of release," she says. "I didn't think it would go this far."

Not knowing where to start, she turned to her friends for advice and motivation. Saad, who was born and raised in Seattle, had always been active enough: She snow and water-skied, flourished through a few preteen swim seasons, rode horses, tried crew and softball in high school. Even back then, it was always her friends who goaded her into being an athlete. "I hung out with people who were big into sports. I'd go on a ski trip and end up upside-down. It was a banzai education," she says. Sometime mid-college, when academic stress boiled over, she began running with friends, starting with 2-mile bites, working up to 4 miles by the time she graduated, knocking off 7-mile loops before she turned 26. The fitter she became, the more confident she grew—and the more active friends she found.

But it wasn't until a close friend completed a race in San Diego—and she thought, "I can do that, too"—that Saad signed up for the Apple Capitol Triathlon in Wenatchee, Washington. She'd always spent summer weekends at her family's lakefront house in Idaho, breaststroking a third of a mile out to the main island and back, so she upped the ante by doing it freestyle. She'd already been biking from work to her apartment on Queen Anne Hill in Seattle, so she tacked on runs that started right as she reached the front door. "Over time, it became a habit, and then it became an outlet," she says. "It was about that time, when I was working out more, that I stopped caring about how I looked and cared more about feeling good and being with other people. It was natural for me to want to do stuff with my friends, so it was just as natural to get in shape."

One race led to another. One of Saad's friends wanted to try the Danskin Women's Triathlon, so the two trained together. Another friend asked her to run the La Jolla half-marathon—another event, another tightened bond. It was after notching 13.1 miles in California that Saad set her sights on 26.2. At about the same time, a teammate on her ultimate Frisbee team threw out that she wanted to do a marathon, and the deal

was sealed. The two followed a training manual to the letter. "Mindy managed the program, and I just showed up. It wasn't like those little 30-minute jogs anymore," she says. "I started learning what pain is good pain, and what pain is bad pain." On race day—at the Vancouver Marathon—she had the miles under her belt to cross the line in flying colors. More important, she had the mental muscle. "When I was training, I learned to say with my mind that I was okay," she says. "Mile 16, my legs hurt. Mile 17, my legs hurt. Mile 18...you get it. But I knew that I would finish."

Since her marathon, Saad has focused on Frisbee (she plays on a co-ed team) rather than 3-hour runs. But what she gained from her race has stuck with her: focus, long-range vision, dedication. "I know now what it means to bite down," she says, "Plus, I realized how important it was to my friends. If I skipped a workout, I'd be letting someone down—and that's more than the motivation I need."

Unleash Your Inner Runner

THE COACH: Bob Williams, a former All-American distance runner at the University of Oregon, is a Portland-area coach and the running director at the Sports Lab Training Center. He has helped lead the Portland Marathon Training Clinics for 23 years.

THE TRAINING: The biggest consideration when contemplating a marathon is how much running you already do. Williams' first tip: It's a lifetime of fitness that matters, not one long race. "A marathon is really the cherry on the whipped cream on the icing on the cake," he says. If you're coming straight off the couch and want to avoid injury, it might take a year or more to build up, by training first for a 5K, then for a 10K, then for a half-marathon, followed by the marathon. You may be able to beef up your cardiovascular system in a shorter amount of time, but your muscles and connective tissue won't be ready for the beating. Just as important? Finding a running group for peer support,

ideally with a coach who can monitor your progress and keep you healthy. "It's really tough to train on your own," says Williams. Either way, you'll want to start running every other day for a few months before bumping it up to 4-5 times a week, with your long weekend runs increasing from 8 all the way to 20-plus miles. And because running is a completely linear motion—putting one foot in front of the other—you shouldn't forget multi-directional activities (anything from side lunges to tennis) to prevent overuse injuries like stress fractures.

THE RESOURCES: There is a glut of manuals out there, but Patti and Warren Finke's *Marathoning Start to Finish* (W Yeast Consulting, 1997) is one of the best. You can also check out www.teamoregon.com or www.nikerunning.com for workouts, articles and advice, and the Road Runners Club of America (www.rcca.org) lists professional coaches who can tailor a program for you.

NAME: David Birnbaum

AGE: 38

PROFESSION: NEW YORK REAL ESTATE BROKER

GOAL: HELP CANCER VICTIMS WHILE GETTING IN SHAPE

"My husband was the prototypical sedentary, urban office worker. He'd tried to get in shape many times, but all his attempts were fleeting and short-lived. He literally could not run a quarter-mile."

So wrote Michelle Frey, a senior editor at Random House in New York, about her husband, David Birnbaum. That was before Birnbaum finally found a reason to swim, bike and run. That was before he found a cause—and, in finding a cause, uncovered a whole new lifestyle.

But it was a long time coming. "Over and over, it was like 'Alright, time to hit the gym!'" the commercial real-estate broker says. "For a week, I'd change my life—but then I'd get a cold, go on a business trip, get allergies. I was always about 20 pounds overweight. I was just lazy, had no discipline." The fact that his father was overweight and his brother, just 16 months older, was "lazier than I was," didn't help Birnbaum get off on the right foot toward life as an athlete.

Everything changed when the couple's good friend, Charlee Garden, completed a triathlon with The Leukemia and Lymphoma Society's Team in Training program—and convinced Birnbaum to sign up for the St. Anthony's Triathlon in St. Petersburg, Florida, a 1.5K swim, 40K bike and 10K run. "I figured I'd give it a shot," he says. "I knew I needed other people, support, schedules, coaches, or I'd never stick with it." That was in December 2003. Just two months later, his training was cut short when a mysterious envelope showed up in his mailbox. "It was from The HLA [human leukocyte antigens] Registry, which finds bone marrow matches between victims and donors, and I thought it was a charity letter. I put it aside for days," he says. It wasn't until his father, his brother and a friend all bugged him about it that he opened up his mail. Turns out Birnbaum had given blood a decade earlier, and had just been deemed a potential match. After dozens of tests, spending time at appointments in the cancer ward and agonizing over the risks, he decided to become an anonymous donor.

"They pulled a liter of marrow out of me," he says. "I was a nervous wreck. They had to make about 50 little punctures in each hip bone." And, in going under the knife for the greater cause, he had to abandon his path toward a triathlon—at least for a short while. By December 2004, almost a year after he picked his goal, he'd signed up again with Team in Training and was raring to go. And a good thing: His weekly schedule suddenly became packed, and, to top it off, that New York winter was particularly brutal. Tuesdays at 7 p.m., a run in Central Park. Wednesdays at 8:30 p.m., a swim at Riverbank State Park. Thursdays, strength training at the gym. Fridays, another run. Saturday at

The Triathlete

6:30 a.m., cycling—or cycling and running. In the meantime, he raised \$5,000 for leukemia research. "Suddenly, people in my 16-story building were noticing me walking out with my bike when it was 20 degrees out, or with my running shoes, asking me what I was training for," he says. "And checks started showing up under my door."

By the time Birnbaum flew down to Florida last April, he was primed. "Actually," he chuckles, "I was a nervous wreck." Either way, the man was transformed: He finished in under four hours and has his sights set on another tri this fall—and on the much bigger picture. "I want to have kids someday," he says, "and I want to be a young, healthy dad. I can't think of any better reason to keep training—other than the feeling of finishing. It was the best thing I ever did. It's just such a high."

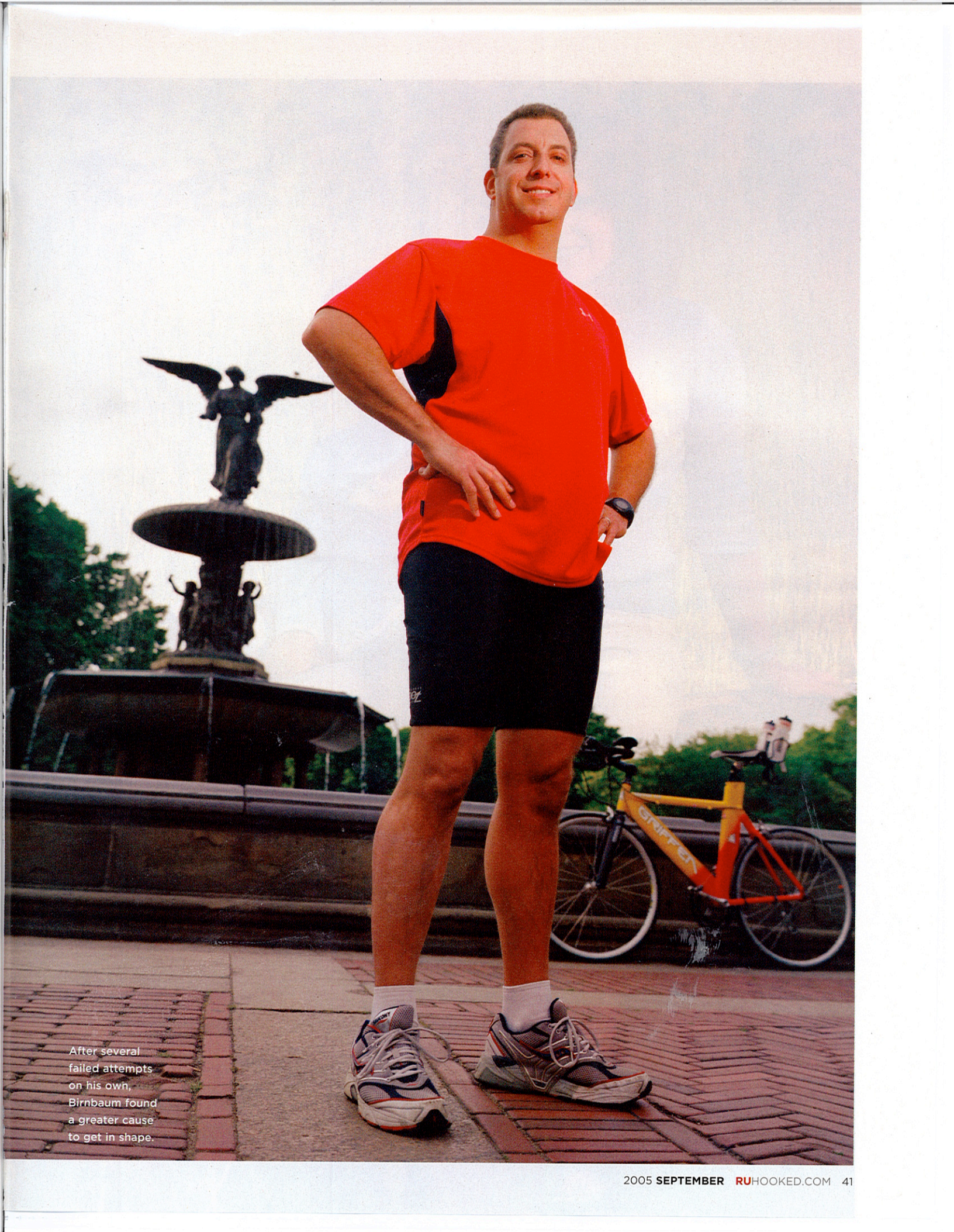
Unleash Your Inner Triathlete

THE COACH: Dave Scott has won the Hawaii Ironman six times and, in 1994, placed second at the age of 40—all helping to make him the first inductee into the Ironman Hall of Fame. He runs the national coach program for Team in Training and leads clinics and camps around the world.

THE TRAINING: "The hardest thing for beginning triathletes is time management," says Scott. "All of a sudden, you have to train for three sports instead of one." But, as Scott shows us, it's easy to create a manageable schedule: Aim for six sessions a week, two in each of the three disciplines. If an Olympic-distance race is your goal, concentrate on building up slowly over the course of four months, eventually working up to 2,000 meters of swimming (1,000 straight, then 10 sets of 100s), 35 miles of cycling and about 7 miles of running. More important, schedule "brick" workouts—doing two activities back to back—once a week. "The swim-to-bike transition is fairly easy," says Scott. "It's the bike-to-run that takes some getting used to." Shoot for 20 miles on the bike followed by a 4-mile run. (You can even break it into a run-bike-run to go easy on your joints.) To jack up your sustained strength, be sure to incorporate some hill training into your rides and runs—and try planks (see page 50) and crunches to hone your core. Scott's biggest race-day tip? "Remember to breathe deeply and slowly when you swim," he says. "People forget! Each time you come up, look at the sky."

THE RESOURCES: Sign up for a triathlon near you—and raise money to fight leukemia—at www.teamintraining.org. Log on to www.insidetri.com or www.triathletemag.com for training tips, events, and info about the triathlon community. Or read Dave Scott's *Triathlon Training* (Fireside, 1986) and *The Triathlete's Training Bible* by Joe Friel (VeloPress, 2004).

PHOTOGRAPH BY SAMANTHA MORANVILLE



After several failed attempts on his own, Birnbaum found a greater cause to get in shape.

NAME: Jeane Woods

AGE: 46

PROFESSION: MOTHER AND VIDEO PRODUCER

GOAL: FEEL YOUNG AND RIDE L'ALPE D'HUEZ ON THE TOUR DE FRANCE COURSE

Jeane Woods considers herself average. But because she lives just outside of fitness-crazed Boulder, Colorado, you have to take "average" with a couple grains of salt. "Here, if you're not an elite athlete, you seem inferior," says the video producer, volunteer backcountry trail host, mother of a 7-year-old and five-time veteran of the Multiple Sclerosis 150 bike ride. For Woods, staying fit is a daily juggling act: When she wants to jump on her bike, her husband has to watch their daughter, and vice versa. When she's trying to finish production on a TV segment—often she shoots, edits and writes whole programs on her own—she sometimes doesn't have time to fit in a workout. And, she refuses to age gracefully. "I was a skinny kid, but you know how it is. Once you hit your 40s, you can gain weight overnight," she says. "In my 20s, I could get away with not exercising." Getting older only makes her more determined to stay fit.

Woods first fell in love with biking in her 20s when she toured around Europe, spending three months in the saddle. "It's such an amazing way to travel—you can hear everything, smell everything," she says. She kept right on riding through stints in Vail and New York, where she'd get out of town by pedaling over the George Washington Bridge. Over time, as she matured, got married and had a child, her attitude slowly changed. "Twenty years ago, I was busy thinking about my future, what I wanted to do with my life. I'd get on the bike and my thoughts would go crazy," she says. "Now, my mind is quiet. Riding puts everything in perspective. It's absolutely the key to my sanity." Once family and work joined the mix of her life, Woods discovered that cycling as a woman in her 40s means something entirely different than what it did when she was fresh out of college. ¶ Through the years, one thing has not changed: Woods rides alone. She has always thrived on peace and quiet, and never once wondered whether her training has a purpose, whether she should be aiming for an event. "There's not a competitive bone in my body," she says. That's not to say she doesn't love a challenge. When Woods heard about the MS 150, she didn't think twice. "It wasn't a competition, so it wasn't as threatening," she says. "Plus, since I'm always so busy, having an objective really helped me make my exercise a priority." ¶ Of course, like any longtime cyclist, Woods considers the Tour de France the ultimate ride. So last summer she set her sights on climbing the notorious L'Alpe d'Huez the day before Lance Armstrong, and her husband joined her as well—which made her maternal juggling act all the more complex. "Now I've figured out how to do it all," she says. "I have a system." She spent the spring climbing the road up to the local ski area, a 4-mile route with a 15-percent grade. She often coasted to the bottom and turned around to climb it a second time. When she finally climbed into the saddle at Bourg d'Oisans to face the steep pavement—15 kilometers at a 7.9-percent grade—she felt great. In fact, despite weaving among campers and drunk fans and cars coughing out diesel fumes, following an ant-like line of bikes as they zigzagged to the summit, it was one of the greatest hills she ever scaled on two wheels. "It was hysterical. Complete insanity. But it was wonderful," she says. And once the ride was over? "You can't even believe how hard I partied."

The Cyclist

Unleash Your Inner Cyclist

THE COACH: Jonathan Roche, a former worker bee at Fidelity Investments in Boston, has ridden the Boston-New York AIDS ride five times, run 10 straight Boston Marathons, and completed eight Ironman Triathlons. He now owns Breakthrough Health and Fitness, a company that sells training products in Boulder, Colorado.

THE TRAINING: You're going to be racking up a lot of time in the saddle, so having the right equipment—bike shorts, a well-fitting bike and toe clip or clipless

pedals—is key. "I rode my first AIDS ride on a mountain bike without even using toe cages," Roche says. "It doesn't have to be that hard." When you're ready to hit the road, don't start too fast or ride too often—ride on alternate days to avoid repetitive strain injuries, whether that's in spinning classes, on a stationary bike or outside. Either way, try to incorporate interval workouts: Push for three minutes, recover for one, then push harder for three minutes, then recover, always bumping up your perceived exertion. Aim to

build up to a total of 60 minutes. "Interval training strengthens the lungs and heart and improves recovery rates," says Roche. "When you finish one hill, you'll be ready for the next one faster." The weekends are when you increase your mileage, starting with a 30-45 minute ride and upping your time by 10 percent a week, eventually training up to the distance of the longest day at your event. "And practice staying at a cadence of 90 to 100 revolutions per minute" says Roche. "You'll last a lot longer." Want to make sure your back doesn't

flare up on the big day? Do back extensions and ab work to strengthen your core.

THE RESOURCES: Pick up *The Lance Armstrong Performance Program: Seven Weeks to the Perfect Ride* by Lance Armstrong, Chris Carmichael and Peter Joffe Nye (Rodal Books, 2000). For information on heart-rate training, visit www.breakthrough-healthandfitness.com. Log on to www.nationalmssociety.org to find the MS 150 nearest you. Or check travel packages to the Tour de France on www.francetourism.com. **HOOKED**