



# THE TOURISTER

## APRIL 2009

The Mission of the Ridge Rider Athletic Club is to promote health, fitness, and competition in Northeast Arkansas.

Your membership in the RRAC allows us to be united to support Cycling, Running, and Recreation in Northeast Arkansas!

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## EVENT # 3

Associated Radiologists HMG Family  
Fit 5 K.

*APRIL 18 9:00 AM*

A very fun and fast 5k through the ASU campus, finishing in the center of the Health & Fitness Expo. There will also be a kids race.

**REGISTER ON LINE AT THE RRAC WEBSITE.**

**RRAC Club April Meeting—April 14,  
6:00 pm at the Jonesboro YMCA.  
JASON BROADWAY BIKE FIT**

# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			APRIL FOOL'S DAY 1	WCR 2	3	MARION 5K 4
5	WCR 6	7	8	WCR 9	10	1040 5K 11 Batesville
EASTER 12	WCR 13	RRAC 14	15	WCR 16	17	HMG 5K 18 ASU
19	BOSTON MARATHON WCR 20	21	EARTH DAY 22	WCR 23	24	25
26	WCR 27	28	29	WCR 30		

WCR= WOMEN CAN RUN CLINIC

RRAC= RIDGE RIDER ATHLETIC CLUB

# Study: Triathlons can pose deadly heart risks

**Warning to weekend warriors: Swim-bike-run triathlons pose at least twice the risk of sudden death as marathons do, the first study of these competitions has found. The risk is mostly from heart problems during the swimming part. And while that risk is low — about 15 out of a million participants — it's not inconsequential, the study's author says.**

Triathlons are soaring in popularity, especially as charity fundraisers. They are drawing many people who are not used to such demanding exercise. Each year, about 1,000 of these events are held and several hundred thousand Americans try one. "It's something someone just signs up to do," often without a medical checkup to rule out heart problems, said Dr. Kevin Harris, a cardiologist at the Minneapolis Heart Institute at Abbott Northwestern Hospital. "They might prepare for a triathlon by swimming laps in their pool. That's a lot different than swimming in a lake or a river." He led the study and presented results Saturday at an American College of Cardiology conference in Florida. The Minneapolis institute's foundation sponsored the work and tracks athlete-related sudden deaths in a national registry. Marathon-related deaths made headlines in November 2007 when 28-year-old Ryan Shay died while competing in New York in the men's marathon Olympic trials. Statistics show that for every million participants in these 26.2-mile running races, there will be four to eight deaths. The rate for triathletes is far higher — 15 out of a million, the new study shows. Almost all occurred during the swim portion, usually the first event. "Anyone that jumps into freezing cold water knows the stress on the heart," said Dr. Lori Mosca, preventive cardiology chief at New York-Presbyterian Hospital and an American Heart Association spokeswoman. She had no role in the study but has competed in more than 100 triathlons, including the granddaddy — Hawaii's Ironman competition. Cold water constricts blood vessels, making the heart work harder and aggravating any pre-existing problems. It also can trigger an irregular heartbeat. On top of this temperature shock is the stress of competition. "It's quite frightening — there are hundreds of people thrashing around. You have to keep going or you're going to drown," Mosca said. Swimmers can't easily signal for help or slow down to rest during swimming as they can in the biking or running parts of a triathlon, said Harris, who also has competed in these events. Rescuers may have trouble spotting someone in danger in a crowd of competitors in the lakes, rivers and oceans where these events typically are held, he added. For the study, researchers used records on 922,810 triathletes competing in 2,846 USA Triathlon-sanctioned events between January 2006 and September 2008. Of the 14 deaths identified, 13 occurred during swimming; the other was a bike crash. Autopsies on six of the victims showed that four had underlying heart problems. Two others had normal-looking hearts, but they may have suffered a fatal heart rhythm problem, Harris said. A search of the Minneapolis registry and the Internet found four other triathlon-related deaths from 2006 through 2008 beyond those that occurred in the officially sanctioned events. "While not a large risk, this is not an inconsequential number," Harris said. Fundraising triathlons have enticed many runners to try to expand into areas like swimming, which they may not have learned to do very efficiently, to benefit particular charities, Mosca said. "They're really recruiting people to do these events," she said. "It can be a recipe for disaster."

Doctors offer these tips to anyone considering a triathlon: Get a checkup to make sure you don't have hidden heart problems. Train adequately long before the event, including open-water swims — not just in pools. Acclimate yourself to the water temperature shortly before a race, and wear a wetsuit if it's too cold. Make sure the race has medical staff and defibrillators on site.

**By MARILYNN MARCHIONE, AP Medical Writer - Sat Mar 28, 10:33 AM PDT ORLANDO, Fla. -**

THE NEA Bicycle Coalition Board was elected March 17.

\*President - Sally Broadway

\*Vice President - Jeffery Graham

\*Secretary - Brandon Siegel

\*Treasurer - David Matthews

\*Seat for Jonesboro Parks and Recreation to be held by the Director or Assistant Director

\*Seat for a member of the Ridge Rider Athletic Club to be filled by Jim Gann



***UPCOMING EVENTS IN THE  
RRAC RUNNING SERIES***

**Event Four: Saturday May 16 - 8:00 AM  
The Loose Caboose Festival 5k Run & Walk.**

**Event Five: Saturday June 13 - 8:00 AM  
Gary Schuchardt Memorial 5k Trial Run &  
Walk.**

**REMEMBER: YOU CAN REGISTER FOR  
THESE EVENTS ONLINE AT THE RIDGE**

# Member Spotlight

**Submitted by  
Steve Lovell**

**I have an awesome story of accomplishment to share with the members of RRAC. Chris Cone and I ran the Germantown Half on March 15th. This is our goal half marathon every year because the course is PR friendly.**

**Well, Chris didn't have his best day but still ran a very good 86 minute half marathon. He was a little disappointed, but felt o.k. about it nonetheless. After the Germantown Half, Chris went to D.C. on business. He called me that Thursday and asked what I thought about him running the DC Marathon! He said his expectations would be 3:30 to 3:45 considering he ran the half just six days before. I told him to "go for it, but just run easy and enjoy the sites".**

**Chris called after the race and had this to report..... Now, remember that he ran a 3:15 marathon in December in Memphis with proper training and a slight taper. In short, he was prepared in December.**

**That morning in D.C. he was just going off his base training and legs that had run a max effort half marathon just six days before. In the D.C. Marathon Chris ran 3:13:20!!!! I was very impressed, inspired, proud, and excited for him!!! I am sure you will all agree this is a great accomplishment. Just another example of an RRAC member defying the odds and making the most out of what God has given them!!!!**

**CONGRATULATIONS CHRIS!!!**

## SUBMITTED BY RRAC MEMBER TROY RATLIFF:

Below is a link I joined thru Bikejournal.com and have been participating in for about 4 months now. Plus 3 Network is an organization where you can turn your walking/running/biking/swimming mileage into a fundraising effort for a cause of your choice.

They do this at no cost to you via the support of Corporate Sponsors - dedicated companies who care about the planet, about health and fitness, and about the things we can do together to make a difference. This is all free.

They've identified companies who want to support causes to get the public healthier and help others. All you have to do is choose a Cause/Sponsor combination and then walk, run, bike or swim.

You simply log on, create an account and when you record an activity they apply a value (anywhere from \$0.1 to \$0.35) x per mile, depending on the sport. As far as I can tell this is legitimate and a great way to raise money for exercise related charities. Thought you might want to pass this along to the club members.

<http://www.plus3network.com/home>