

March 5th, 2008 - "Politics is the art of looking for trouble, finding it whether it exists or not, diagnosing it incorrectly, and applying the wrong remedy." - Ernest Benn

I thought during this political season I would kick this update off with a good quote, that has absolutely nothing to do with triathlon or life in general. I like it that way!

I am writing just to keep you all up to date on the most recent events and most current plans for the future. This year I'm trying to do a better job of updating the site and keeping you all more informed. I just returned, on Sunday, from a three week training trip to Austin, TX and Tucson, AZ. I was in Austin for two weeks, staying with my friend Tim Sandfort, whom I met through the Next Step to Gold Development team in Florida in 2004. We have remained more distant friends, but I would say that my trip to Austin has solidified a great friend in my life. Thank you, Tim. Also while in Austin I was able to catch up with my good friends David and Carrie (from my days in Huntington Beach, CA) and their sons, Santiago and Ulysses. Also touched base with an old friend, Kelly Handel (pro triathlete and runner). After two weeks of training in the warm, oxygen-filled air, I headed to Tucson where the weather was even better, although the altitude was 2000 ft. higher.... still sea-level in my opinion, not to mention my lungs' opinion!

In Tucson there was a season kickoff for vendors and triathletes all around the country to come together, train, mingle and check out all the 2008 gear. The primary sponsor and organizer of this event was TriSports.com and they were kind enough to coordinate a home-stay for me with a great family in Northeast Tucson. For those of you that are unfamiliar with a "home-stay", it is when an organizer for an event places you with a host family that provides you a place to rest your head while you're away from home. I stayed with Jeff and Jackie Sinn and their daughter, Stephanie. They were very kind, accommodating and we had some great conversations over some well-cooked meals! Thank you so much Jeff, Jackie and Stephanie!

During this trip I was able to get myself into a great training groove and take myself away from the hustle and hassle of being at home, not to mention the distractions one is bound to face. I trained, ate, slept and repeated for three weeks! Now I am back home, relaxed, more confident and preparing for the upcoming season.

Speaking of the upcoming season, this has been a tough off-season to decide when and where I'm going to start racing for this year. The question has been coming from all directions, "when is your first race?" Well, I'm still not sure. I've been looking into some races in May in Central America, but have not confirmed any of these. The only thing I know as of now is that Escape from Alcatraz is on the schedule and I will be going to that on June 8th! I will keep the website updated on upcoming races as much as possible over the next several weeks and months.

On a sad note, my uncle and great friend Al Day passed away in February of pancreatic cancer. It was a long battle with this deadly disease but he went peacefully and with dignity in his home in South Paris, Maine. He will be greatly missed by all that knew him. Please keep his wonderful daughters, Emma and Ruby, his mother, Ann, his sister, Deb and all of his closest people in your thoughts. Thank you.

Thank you for reading and I hope you all are well!