

From: Team Transplant <teamt@u.washington.edu>
To: teamtx@u.washington.edu
Sent: Friday, October 7, 2011 12:15 PM
Subject: Green Lake tomorrow!

Hey, everyone!

I am back from my week in the Canadian Rockies, where my traveling friends...you might know them... Tamar Solomon and Jeremy Nettles, and I spent time hiking, exploring glacier fields, and looking for wildlife! Our adventures included trips to the alpine teahouses near Lake Louise where we enjoyed a \$20 pot of tea at altitude; seeing grizzlies...a mother and 3 cubs who were taking up the entire opposite lane of a 2-lane road as they headed toward us...then passed by the car without incident (unfortunately, we were so flustered, we didn't get a picture); hiking in the snow...including one trip where we were caught unexpectedly in a snow flurry in a larch meadow; and driving in awe along the Icefield Parkway...It was all quite spectacular...I've attached some pictures just in case you don't believe me!

....but now....it's back to business....

Believe it or not...we are at the halfway point of our season. That means that we've got 8 more weeks of training. Expect that the distances will get longer and the routes, hillier over the remaining weeks. Hopefully we won't encounter snow flurries or bears...but chances are that the weather will make it more challenging to train and some of the practices may seem a little daunting....you may really feel like that proverbial bear has jumped on your back.

Just remember that you've already got a solid 2-month's training base under your belt. You've laid the groundwork...you're ready to for what's next. You may not yet be a seasoned veteran, but you're no longer a true beginner. At the halfway point, your end goal is in sight...it's time to dig deep because you're almost there...and a beautiful viewpoint awaits you...a new perspective.. a vista that will open your eyes to all of the opportunities that accomplishing this goal will open up for you!

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Team Updates!

- **Saturday, Oct. 8th...Green Lake!** Join us for a tour through the 5-burroughs: Green Lake, Phinney, Ravenna, the U District, and Fremont!
- **Saturday, Oct. 15th...Discovery Park**...you might really encounter a bear...both the real and proverbial kinds...here!
- **Sunday, Oct. 23rd**...Dawg Dash, 5k and 10k...more details to come!
 - **Saturday, Oct. 22nd**...no group practice
- **Tuesday, Nov. 22nd**...Team Transplant Spirit Day!
- **Sunday, Nov 27th**...Seattle Half Marathon + Post-Race Party!!! Look for more details soon!

Other events..

- **Saturday, Oct. 8th....Step Out--Walk to Stop Diabetes:**
 - **Seattle**http://main.diabetes.org/site/TR/StepOut/WesternWashingtonArea?pg=entry&fr_id=7887
 - **Tacoma**
http://main.diabetes.org/site/TR/StepOut/WesternWashingtonArea?pg=entry&fr_id=7905
- **Saturday, Oct. 15th...Puget Sound Heart Walk:**
<http://pugetsoundheartwalk.kintera.org/faf/home/default.asp?ievent=446088>
- **Monday, Oct. 24th...Food Day!!!** <http://foodday.org/>
- **Saturday, Nov. 12th...Transplant House Reception and Auction:**
<http://www.transplanthouse.org/auction/>

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Entering the Seattle Half Marathon...YOU MUST ENTER BY NOVEMBER 16th to receive the discounted entry fee!!!!

*****Transplant Recipients ---I have PAPER forms that I will need for you to complete! We will bring them to practices...If you are planning to do the race but will not be at a practice before Nov.16th, please let me know, and we will mail them to you. THIS IS THE ONLY WAY FOR US TO COMP YOUR ENTRIES!!!!!!*******

For everybody else, here are the directions to receive a discounted entry fee....\$65 for the Half Marathon; \$75 for the Full Marathon...

In keeping with the race's goal of becoming a paper-less entry event, you must register online to receive the partner discount. Go through the normal online registration process by accessing the marathon website: <http://www.seattlemarathon.org/>. At the bottom of the page, you can enter our group's discount code. The next page will confirm that the discount code was accepted and your registration fee will reflect the rates listed above.

Our Partner Discount Code is: UWTT292

Dawg Dash...

We are planning to participate in this year's Dawg Dash on Oct. 23rd...<http://www.promotionevents.com/dawgdash/>
The reasons for including this race as part of our season are

- o to test your fitness before you do the half marathon
- o to provide a shorter event for those not participating in the half
- o to increase exposure for our team

Please let me know if you are interested in being involved in a team competition!!

REMEMBER...You will need to enter on your own and can do that at any time.

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Appare!!

Ida will be at practice tomorrow...best to connect with her at the beginning. She'll have hoodies; hats; fleece caps; and vintage tech shirts! Socks are on the way...there is a chance that we'll have them by tomorrow. We've also received the exciting news that Brooks will be providing shirts and jackets for us this year! More on that is yet to come!

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From the News Desk...

- **Key to Weight loss: Pick up your walking/running pace...slow down your eating pace:**
<http://yourlife.usatoday.com/fitness-food/diet-nutrition/story/2011-10-05/Eating-slowly-may-help-you-lose-weight/50671686/1>
- **Competitive Runners take Nutrition seriously:**
<http://dathanritzenhein.competitor.com/2011/10/05/gatorade-testing/>
- **You're never too old:** http://www.nytimes.com/2011/09/24/sports/24iht-athlete24.html?pagewanted=1&_r=1&ref=nutrition

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Superstars of the Week...

Thanks so much to **Homeland Security** for keeping practices running (and walking) smoothly while I was away...In case you didn't know, The Team Transplant Department of Homeland Security was created

