



A Word from the Prez...

Where does the time go?

I was looking back at some old race results and I could not believe my first race was in May of 2006! I've been doing this for three and a half years! I know this is not long compared to some of you, but these years seem like a blink!

How did it all start?

I can vividly remember when I started swimming and also the day I borrowed a bike from Martin Rios so I could figure out how to ride. I rode 12 miles that day and my legs were jelly afterwards. I could not have run even if there was a mad opossum chasing me.

Where has the time gone?

I suppose it has gone the same way the time raising children has gone, or the time building my career (or the lack there of) has gone or the time away from my high school and college friends has gone. It just goes, and the older we get the faster it goes. Without sinking into the nostalgic abyss, I think I'll just suggest the point I'm making is we need to be aware of the journey we are on.

If you keep too narrow a focus you may end up quite expeditiously on the other side without knowing what's in between. The training, the friends, the physical challenges, the emotional stresses, triumphs and even failures are all things that add color to our lives. Make sure you are looking around you and soaking in all that you do. But don't just be a spectator, be active in creating your memories.

Caution, shameless plug to follow:

May I suggest you consider adding the experience of a board leadership position to your list of memories. We already have a few members who have volunteered for positions next year, and yes the president's position has a nominee, treasurer as well. The positions and the duties associated with each, as well as the current board member are posted on the BAM! Main Web Page (Bottom Right). I encourage all of you to take a look and consider some responsibility and even contact the board member to discuss the commitment. The meetings are actually quite fun. DO IT!

TNTS! - Todd

BAM! Apparel

Current jerseys are being discounted to make way for a new order of jerseys that should arrive late in September.

This discussion board also has a link to sign-up to order one of the new design jerseys.

Check the discussion board or email: apparel@bayareamultisport.com for ordering and questions.

Masters Swim Program

The South Shore Harbour Fitness Club in League City now has a master's swim program. The South Shore Sails is offering a free week to BAM members from August 10-14.

You can try out one or all of the practices at no charge. Please check the discussion board under Swimming for membership and drop in fees.

The practice schedule is MW 5:30am, TH 6:30 pm, and Thur 12 noon. One hour practices.

Call (281) 334-2560 or go their web site at <http://southshorefitness.com> if you have any questions.

BAM Contact Information

Web Site: <http://www.bayareamultisport.com>
E-mail: info@bayareamultisport.com
Mail Address: BAM!
P.O. Box 211,
League City, TX 77574

Calendar

Swim Clinic w/Chris Sustala

Featuring Video Analysis
Saturday, August 8th
5:00 pm - 7:00 pm
Location: South Shore Harbor Fitness Center
\$25 for BAM! Members
\$30 for Non Members
For registration info contact: clinic@bayareamultisport.com

BAM! Meeting

Monday, August 17th
6:45 pm - 9:00 pm
Location: Perry Family YMCA, League City
Chris Bittinger, Manager of On The Run Shoes, Apparel & Training Plans

BAM! Bike Ride with Houston Racing Triathlon Club

Sunday, August 30th (Tent.)
7:30 am (6:30 am early start)
Check the Discussion Board

EVENTS

Saturday - 08/15/09

Kiwanis Kids #6
Houston YMCA - Clay Road Family

Sunday - 08/16/09

Darnd'st Du in Texas (Duathlon) - San Marcos
(Texas State Duathlon Championship)

TriGirl Sprint Tri (Women Only) - Lake Houston (Humble)
Tri on the Run

Sweet & Twisted - Sprint (Women Only) Austin
Red Licorice Sports

Saturday - 08/22/09

Clear Lake International Triathlon - Sprint & Olympic
Clear Lake
OutLoud! Productions
(Houston Area Club Challenge)

Sunday - 09/06/09

Summertime Blues - Sprint
Freeport - Tri on the Run

Looking for Volunteers!

Mark your calendars for Saturday August 22 when BAM! will again be helping Greg Pennington, Race Director for the Clear Lake International Triathlon. I know it is hard to pass up a race so close to home, so race if you can. But if you can't race, we need your help with volunteering.

We need you, your friends, family, neighbors, etc. to help out. We need at least 12 people in the transition area, as well as some people dedicated to the transition security after it opens up. We need a lot of people for directing on the bike and run course. We will be asking the local running clubs to support the run aid stations. And this year we hope to have the Hooters girls show up in the right place on the run course!

If you, your family, your club, your team, your church, your synagogue, your mosque, your scout troop, your friends, your enemies or anyone else you know can help, please post on the discussion board or contact Cathy Modaro.

BAM! Race Team News

There aren't too many races in the month of July, neither historically nor this year. Don't know if it is due to too many hotdogs and beer on the 4th, the need for a mid-season hiatus, too hot, or whatever other reason. The members of the race team followed this trend (probably for all of these reasons!) and only raced in Jeff & Brede's and the Marble Falls Tri.

Congratulations to Lindie who was dominating and 1st in age group again! Looks like the pace will pick up again in August; hope to see BAM! take the trophy at the Clear Lake International Triathlon!

Train safe and race fast - Raul

Yoga for Athletes

Starting August 30th, the Yoga Institute in Nassau Bay will now offer Yoga for Athletes. This class will meet at 3:15 on Sunday afternoon for 1 hour. The August 30th class will be free with the normal 4-week session starting August 31st. The cost of the 4-week session will also allow you to attend any other Yoga class during the month. Other class options are also available. If you are interested in attending one of these classes please contact Peter Eversley at peyoga@comcast.net for questions.

AS SEEN AT THE RACES...

OnUrLeft Du - July 5

Stephen Milford, Overall Winner!
BAM! 55-59 women took 2nd, 3rd and 4th
in our age group (Lynn Palmer, Gloria
Hinton and Joy Merenda)
Ken Merenda 5th Place M50-54
Mike Diaz

Jeff and Brede's - July 12

Jim Yarzy M30-34 58:36 4th
Tricia Sibley F35-39 1:08:21 4th
Martin Bontz M45-49 1:05:56 5th
Rick Ingram M50-54 1:38:50
Lindie Nanninga F50-54 1:09:39 1st
Steve Lowe M55-59 1:24:46
Gloria Hinton F55-59 1:33:29 4th
Don Nanninga M60-64 1:18:38 5th
Donna Toler Vulcan 1:41:49 2nd
Elysha Halsch Vulcan 1:56:57 5th

Ironman Lake Placid - July 26

Bill Choppa 14 hours 46 minutes

Team Points

How many of you knew **BAM!** was in a team competition with other triathlon teams in the USA Triathlon South Mid-West Region?

Well, now you know. **BAM!** gets a 1/2 point for every team member that crosses the finish line of a USAT sanctioned event, 6 pts for a 1st place finish, 5 pts for a 2nd place, 4 pts for 3rd, 3 pts for 4th, and 2 pts for 5th.

The team categories are based on the number of current members. **BAM!** is a Category 2 team because we currently have between 100-199 members. Being a Category 2 also means we have to meet a minimum of 10 pts for a race to be counted.

In 2008, **BAM!** placed first in the Category 2 grouping and won \$300 to help offset **BAM!** club costs, which help keep your membership dues low!

BAM! Sponsors

As always, we want to thank our BAM! Sponsors, who have donated items for our club meetings and club socials this year with giveaway items for meetings, help in hosting a BAM! event and entries into local races.

A-Gleam Swimwear
League City Chiropractic & Sports
Medicine
On the Run
RSH Physical Therapy
Runners Link
Tri On the Run
Webster Bicycle

As BAM! Members, we can provide our thanks as we patronize these local businesses who support the local Multi-sport community.

- Peter Eversley