

AUGUST 2006
We're Free
Spend your money
on sports

Windy City **Sports**

www.windycitysports.com

Operation Rebound

Iraq war veterans come to Chicago for the world's largest triathlon

>
accenture
Chicago
Triathlon

**Official
Program**

Starts on Page 21

Plus:

Course map,
spectators guide
and expo info

Five cycling
mistakes to avoid

 **THE BANCO POPULAR CHICAGO HALF MARATHON**
Presented by the official partner of triathlon
See page 68

 **the competitive edge.com**
What's your body made of?
See Insert Inside

STARTING LINES

Training Facility Opens in Bucktown

Just in time for summer training, the city has new coaching options for swimming, biking and running. Time-crunched athletes seeking guidance can now seek training programs from **Windy City Coaching**. The company offers personal training and corporate programs to whip busy, traveling athletes into peak shape, and it is also listed as a training program for the LaSalle Bank Chicago Marathon.

SHOP TALK

Founder and owner, **Brian Kirschenbaum**, will be running a 50K along the Des Plaines River Trail on October 21 to raise money for Leave No Trace Center for Outdoor Ethics. www.windycitycoaching.com...With the help of **Active Trainer**, runners can train for their next challenge with online tools featuring training plans by **John Bingham** and **Jenny Hadfield**, a customized training log, nutrition information, training reports and workout calculators. The Chicago Marathon recently signed on to offer these services to its runners. www.activetrainer.com...Next time you're at **Life Time Fitness** and need an eye-opening caffeine jolt, you'll be sipping on **Caribou Coffee**. The LifeCafes started carrying Caribou's blends and coffee drinks in June. www.lifetimefitness.com...It's a one-stop shop at 2220 N. Elston in Chicago where **Vision Quest Coaching** and the **Chicago Blue Dolphins** have set up a new training facility. The shared space features 18 CompuTrainer stations, treadmills, fitness testing and cross-training equipment as well as an endless pool swim studio. www.visionquestcoaching.com...Opened in July, the **Chicago Blue Dolphins'** two-person endless pool offers enough space to

conduct clinics and one-on-one sessions, underwater cameras for video analysis and live feeds to a television mounted on the studio wall, and warmer water—the temperature is kept at a balmy 86 degrees to keep swimmers from shivering. Swimmers can watch and monitor their stroke with mirrors mounted on the front, floor and ceiling—Coach **John Fitzpatrick** takes credit for the ceiling mirrors, saying they're a rare find but especially helpful for backstrokers. Fitzpatrick says he's excited about the possibilities to enhance the learning process and provide more feedback as well as developing new classes to maximize the pool's potential. www.chicagobluedolphins.com



Swimmers practice technique with ceiling- and pool-mounted mirrors while Coach John Fitzpatrick watches and adjusts the endless pool's current at the new Chicago Blue Dolphin's Swim Studio.

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THE PLANNER: AUGUST A quick lap around the month

Tuesday, August 1 Take a Swim

Wetsuit or not, Lake Michigan's water temperatures are tolerable enough for an open water swim. Jump into Chicago's treasure at the Ohio Street Beach before or after work for some laps along the shoreline and remember why we love this city.



Saturday, August 12 Beach Ball

If you've been playing beach volleyball all season long, here's your chance to catch more action when the EVP's National Championships lands at North Avenue Beach. Starting at 7 a.m., some of Chicago's finest netters will be serving and spiking their way to cash prizes. www.evptour.com



Friday, August 25 Professional Motivation

Even if you're not participating in one of the weekend's triathlon activities, any budding triathlete can still benefit from the tips and advice at Fleet Feet's Motivation from the Pros triathlon seminar. Potential winners of the Accenture Chicago Triathlon share their secrets for speedy transitions, slipping out of wetsuits and race-day nutrition. www.fleetfeetchicago.com



Monday, August 28 Hashing for Miles

To celebrate Lt. Gov. Pat Quinn's Walk Across Illinois, where residents log 167 miles to virtually walk across the state, the Chicago Hash House Harriers host the Walk Across Illinois Hash. Meet at Christina's Place, 3759 N. Kedzie, for a four-mile fun run that could take you past the governor's mansion. www.chicagohash.com

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Saturday, August 5 Morning Meltdown

Feed your fitness fix outdoors for free at Millennium Park Workouts. Classes in yoga, pilates and aerobic-dance led by Lakeshore Athletic Club and Ethnic Dance Chicago run from 8 a.m. to 11 a.m. at Jay Pritzker Pavilion. www.millenniumpark.org

Tuesday, August 8 An Evening Outdoors

Ride your bike to Grant Park, park it at the Chase Bike Valet and sit under the stars watching the cult classic, *American Graffiti*, at the 7th Annual Chicago Outdoor Film Festival. Movies start when the sun sets and if you tote a picnic, you don't have to spend a dime. www.cityofchicago.org

Sunday, August 13 River Riding

Join the Friends of the Chicago River for the 7th Annual Chicago River Flatwater Classic taking to the waterways in kayaks and canoes. Race a 7.25-mile course or gently cruise to the finish in Chinatown. Not up for boating? There's also a 10- or 25-mile bike ride. www.chicagoriver.org



Saturday, August 19 Farmers Market Fitness

You'll pick up more than fresh produce from local farmers at the Near North Farmers Market. From 7 a.m. to 2 p.m., staff from Equinox Fitness will be at State and Division offering passes, chair massages, training tips and other goodies. www.equinoxfitness.com



Saturday, August 26 Harvest Time

Those corn-stalks have been inching higher all summer long. With the harvest comes the DeKalb Cornfest, a three-day festival that includes a 10K run, tons of steamed corn, music, a carnival and a craft show. www.cornfest.com

