

2010 MARCH EDITION

the JETSTREAM

TEAM JET HAWAII MONTHLY UPDATE AND E-NEWSLETTER

Mug of the



Photo courtesy of Mitsue Varley

Month

Margot Sakazaki (left) and Mitsue Varley (right) pose for the camera after a morning bike ride from Kaimana to Hawaii Kai on the last day of the 2010 Team Jet Bike Clinic.

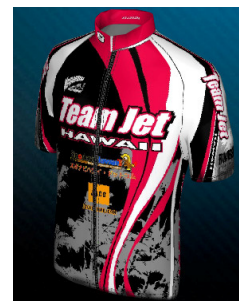
The bike clinic is one way athletes prepare for the triathlon season.

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered, but to have fought well." – Olympic Creed –

2010 Custom Cycling and Tri Gear Update

These high quality Sugoi products hold up well through training and especially look great on race day. There was a short notice on the ordering of the Team Jet triathlon and cycling clothing and orders have been already been made. Contact Laurie Kim or Chet if you are still interested in owning one or other Team Jet clothing items.

The Team Jet triathlon and cycling clothing was once again designed by Tai Graphics. When asked about this year's design, Tai Blechta, from Tai Graphics said, "We tried to bring in a tropical look to show that it was from Hawaii and went for a strong two tone look to the jerseys, basically red and black on white. The swooping curves start wide and taper as they go down to give a feeling of movement and acceleration and the asymmetrical design helps it to stand out a bit. For 09' the idea was white as it's cooler but for 2010 the design was refreshed with a bit more black for a sleeker faster look." These Sugoi products display the logos of our 2010 sponsors.



2010 Team Jet jersey (front)

Below are links to the Sugoi 3-D images of the clothing samples.

Jersey

<http://custom.sugoi.com/usa/eng/reviewTemplate?id=10424&code=1248>

Bike Shorts

<http://custom.sugoi.com/usa/eng/reviewTemplate?id=10419&code=3554>

Tri Tank

<http://custom.sugoi.com/usa/eng/reviewTemplate?id=10406&code=7045>

Tri Shorts

<http://custom.sugoi.com/usa/eng/reviewTemplate?id=10407&code=7979>



2010 Team Jet jersey (back)

Team Jet
Hawaii
Training Clinics:

Clinic	Dates	Days	Price
Hon Tri / Tinman	Feb 23rd - May 16th	T TH SUN	\$350 (\$150 Tinman Add On)
Honu / Tinman	Mar 2nd - Jun 5th	T TH SAT SUN	\$400 (\$100 Tinman Add On)
Half-Marathon	Mar 16th - Jun 6th	T TH SUN	\$125
Tinman Triathlon	May 18th - Jul 25th	T TH SUN	\$300
Roughwater Swim	Jul 28th - Sept 6th	W F SUN	\$160
Marathon Training	Aug 3rd - Dec 12th	T TH SUN	\$200

Honolulu Triathlon Clinic

Approximately 25 participants are in the Honolulu Triathlon Clinic this year, many very new to this sport. However, newcomers be not afraid, experienced coordinator Rick Varley has been coaching the Honolulu Triathlon Clinic since 2004. He has put together an amazing group of coaches, not to mention athletes to get you through your first and probably not your last triathlon. Swim coaches Steve Allnut, Quinn Michie-Horner and Katie Seall, bike coach Mike Flartey and run coach Andrew Tanaka.

Team Jet has once again partnered up with The Leukemia & Lymphoma Society's groundbreaking charity sports training program, Team in Training. Team in Training pro-

In 2009 the race changed from Triathlon to Duathlon in because of jelly fish. This year's 7th Annual Honolulu Triathlon is on May 16th at Ala Moana Beach, and the race coordinators consulted the jelly fish calendar this time. For those that enjoyed the Duathlon last year you will be pleased to know that the Honolulu Triathlon has added several new events for 2010 a Duathlon, a 1500M Swim Race, and a 10K Road Race.

vides training for non-experienced to experienced athletes in honor of blood cancer patients and survivors.

The group trains Tuesdays, Thursdays and Sundays through May 16th.

Half-Marathon Clinic

March 16– June 6 Tuesdays, Thursdays and Sundays

Coaches:

David Carlsson: Group Coordinator

Julie Doheney: Coach

Mark Ahsing Coach

*For the most update information,
check the Team Jet Hawaii calendar.*

www.teamjethawaii.com

Sunday, June 06 at 5:30 am is the start of The 4th annual Hibiscus Half Marathon is a benefit for The Leukemia & Lymphoma Society - proceeds go toward patient services and blood cancer research. The course starts and ends at Kapiolani Park at the Diamond Head end of Waikiki. There is also an optional 15K for Walkers.

Inaugural Swim Clinic... A HUGE Success

This new and popular Swim clinic has been such a positive success that Chet the Jet, Team Jet Founder and Director is already talking about having this clinic again next year. For those that missed out this year, sign up early to ensure your spot, especially since there was such a long waitlist to participate in this clinic.

Steve Allnut, Coordinator: 'I'd like to say that the inaugural swim clinic was a huge success and was much more than Chet and I had planned. All the coaches were impressed with the great work ethic of the Team Jet athletes and had the utmost pleasure working with them. Personally I can't wait till next year to get it going again, the turnout was great and everything went much smoother than imagined for a first time clinic. All the athletes made huge strides in their quest for conquering the aquatic environment. Everyone should make sure they sign up as soon as they can if they want in for next year's swim clinic because this year's had a big waiting list and the quality of coaches will continue to be of the best possible.'

Open to ALL Team Jetters!

Weekend Warrior Swim Group

The Weekend Warrior Swim Group is a great way to get in that extra swim to practice what you have learned and to ultimately improve your swim. We have all heard the saying: "The more you practice, the better you will become." So why not practice with great coaches and teammates!

There have been many already taking advantage of this free additional training, ranging from 10 swimmers plus each week.

The group meets at Kaimana/Sans Souci Beach, Friday evenings at 5:30pm. Comfortable swimmers swim out to the windsock and back several times. One round-trip is approximately 500 meters. For swimmers that are less comfortable, they will be swimming along the shoreline between the Colony Surf Hotel sea wall and the Natatorium wall, approximately 170 meters/340 meters total.



Ashley Stokes and Rick Klobuchar

Honu Clinic - Hawai'i Ironman 70.3

Rohto (Honu) Ironman 70.3 Hawaii Course :

Swim 1.2 Miles

Bike 56-Miles

Run 13.1-Miles

Training Coordinator- Sabrina (aka. Br'e) Ognoskie

Swim Coach - Steve Allnut

Bike Coach - Charles Dias

Bike Coach - Keith Nishimoto

Bike / Run Coach - Mike Tarako

Bike / Run Coach - John Climaldi

The Honu coaches have designed an exciting and challenging training program for their participants. Their ultimate objective is making sure that everyone has a successful completion of the Rohto (Honu) Ironman Hawaii 70.3 Triathlon on June 5th, starting at 7 am, Hapuna Beach State Park on the Big Island.

The training program meets on Tuesdays at 5:45 pm at the University of Hawaii pool (Swim & Run), Thursdays at 5:45 pm (Bike & Run), Saturday mornings at 7:00 AM (Bike & Run), and Sunday mornings at 7:00 pm (Swim & Run). Training sessions will meet at a variety of locations throughout the duration of the program till June 5th.



Honu Clinic participants getting ready to practice the important "water exit."

Did you know...?

The 2010 Rohto Ironman 70.3 Hawaii is a qualifying triathlon for two World Ironman World Championships.

2010 Ford Ironman World Championship, in Kailua-Kona, Hawaii (October 9, 2010)

- Twenty Eight (28) Qualifying slots
- Twenty (20) State of Hawaii Resident slots
- Twenty-Four (24) Big Island Resident slots

2010 Foster Grant Ironman World Championship 70.3, in Clearwater, Florida (November, 2010)

- Forty Eight (48) Qualifying Age Group slots
- Two (2) Qualifying Pro slots

-Team Jet Sponsor Feature... JACO Rehab-

JACO Rehab's motto is "REHAB RIGHT, PLAY HARD." Jaco VanDelden, started JACO Rehab in 1997 and quickly became known for his progressive approach to sports and orthopedic rehab. He himself is an Ironman triathlete having finished Kona and New Zealand. He is a big supporter of the triathlon community here on Oahu and is excited to be sponsoring Team Jet.

Team Jet is fortunate to have Marissa Maaske, a physical therapist with JACO Rehab be the liaison for Team Jet. Her goal is "to help keep everyone healthy and injury free throughout the training period so come race day, we are all at our best." For those available Sundays at Ala Moana Park after the Honu group swim/run sessions, Marissa is there with her mat table to provide massage and injury assessment. For those that are not, she can do a free assessment at the JACO Rehab clinic.

Marissa came to Hawaii in 1999 from the suburbs of Chicago and as a physical therapy student for a residency at Rehab Hospital of the Pacific. After graduation she decided to make Hawaii her permanent home since falling in love with the island lifestyle. Marissa has been a PT for 10 years and first got involved in triathlons in 2004.

"I feel like my experience as a triathlete helps when treating other triathletes because I've had a lot of the same nagging injuries, I understand the intensity of the training and also the neurotic mindset we can all get while preparing for a race!"

Marissa Maaske, JACO PT liaison for Team Jet

Marissa's main sports growing up were basketball and soccer and played basketball in college. Although having no prior swim, bike or run experience she did her first triathlon and came out of the water dead last. She's slowly improved and completed a variety of races on Oahu, the outer island and the mainland. This is her first time training with a group and so far loves the workouts she's been doing with the Team Jet Honu group.

Contact Marissa for your free assessment so you all can stay healthy and race hard in 2010!

Assessment at JACO Rehab

FREE for Team Jetters

www.jacorehab.com

Located in the Honolulu Club on the 7th floor

Marissa Maaske

Ph: (808) 489-1883

Email: marissa@jacorehab.com

Team Jet Hawai'i 2010 Sponsors

JACO



Runner's Hi



Swim, Bike, Run
~Exercise Is Medicine~
Mingsang Lin, M.D.



Tai Graphics