

LAS&F[®]

LOS ANGELES SPORTS AND
FITNESS MAGAZINE

JULY/AUGUST 2004

FALL/WINTER
MARATHON GUIDE
Special Section



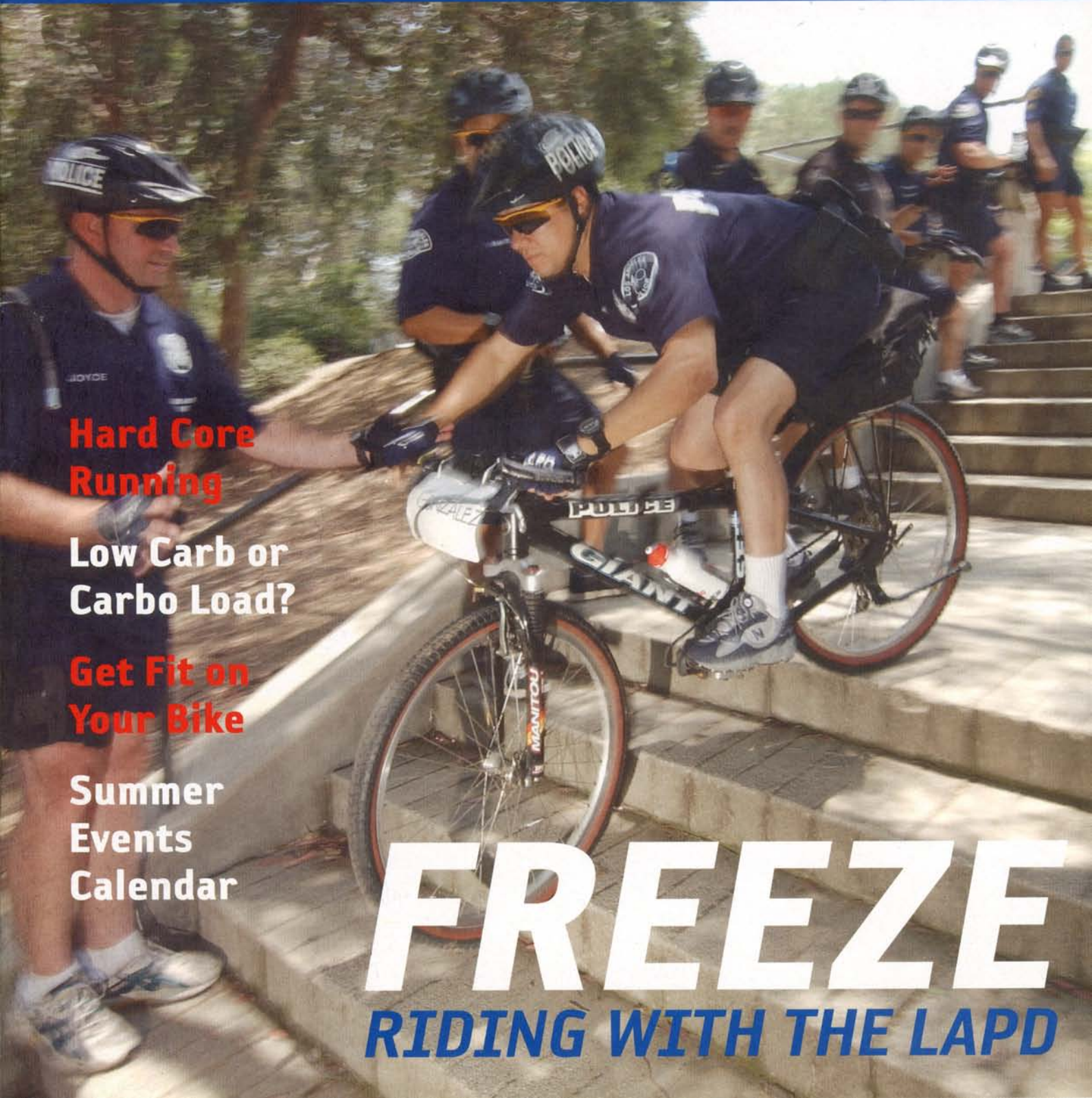
**Hard Core
Running**

**Low Carb or
Carbo Load?**

**Get Fit on
Your Bike**

**Summer
Events
Calendar**

FREEZE
RIDING WITH THE LAPD



News & Notes

Please send any information for news and notes to news@LASandF.com

Non-competitive triathlon training for women only

It's not too late to start training for the L.A. or Malibu triathlons, especially if you're a novice female triathlete. Join Michelle Cleere, a USAT certified coach, for her Women Who Tri — Beginning Training for Women Triathletes program, and you'll be well on your way to a successful and fun race.

The non-competitive training program is geared for women who want to get out and have fun participating in triathlons.

Cleere will focus the program toward the L.A. Triathlon on Sept. 12 and the Malibu Triathlon on Sept. 19. With two weekly coached workouts, meeting on Wednesday evenings in Sherman Oaks and on Sunday afternoons at Pierce College in Woodland Hills, Cleere will advise on nutrition, gear, transition, sports psychology, cycling, running, swimming, injury prevention and more.

For more information, contact Cleere at womenwhotri@aol.com or (415) 860-9517.

Local trainer sets Guinness world record

He's a big advocate of using a heavy bag as a piece of fitness equipment, but local trainer Ron Sarchian took his enthusiasm for the bag a step further than anyone else ever has.

The Los Angeles resident set the Guinness Book World Record for punching a heavy bag on June 16, the day he turned 40. Sarchian, who is also an actor and stuntman, started punching the bag at noon on June 15 at Premier Fitness in Encino and stopped just after midnight on June 17, 36 hours and three minutes later, which shattered the previous record of 24 hours, 16 minutes.

Sarchian had professional witnesses, a medical crew and his own support crew on site rotating every four hours. He was allowed a five-minute break each hour, but said it was mainly about mind over matter.

"I look back on it, and it seemed like a dream," he said. "There were some tough times. I had a couple of spells where I just ran out of gas and I really came close to stopping. It took everything I had to keep punching."

Sarchian used the record-breaking attempt to raise money for the Lance Armstrong Foundation. He said he raised nearly \$5,000 and used the millions of people affected by cancer, including his own father who died from it, as inspiration.



L.A. Tri Club hosts weekly Tour de France party

Want to watch Lance Armstrong's quest to win an unprecedented sixth consecutive Tour de France title with hundreds of your closest fitness friends? Then join L.A. Tri Club members and many others each Wednesday evening (July 7, 14 and 21) at 7:30 p.m. for a fun-filled Tour de France party at Yankee Doodle's on the Third Street Promenade in Santa Monica. The OLN TV rebroadcast of the day's Tour stage will be shown on three giant TVs, and high-end prizes will be raffled. Entry is \$5 at the door, which gets you in and buys you a raffle ticket. Proceeds will go to Cdifferent Athletes (cdifferent.com), which is part of the Challenged Athletes Foundation.

Home Depot Center Velodrome opens with Jr. National event

It's the only permanent indoor track of international standard in North America. And it's right here in Los Angeles.

The ADT Event Center, located on the 125-acre Home Depot Center campus in Carson, hosted its first event at the end of June, the Junior Track National Championships, and will feature another event at the end of July, the UCI Junior World Championships.

The world championships will showcase future Olympians from nearly 50 countries battling in a variety of track events, including Kierin, Sprint, Scratch, Pursuit and Madison races, from Wednesday, July 28 to Sunday, Aug. 1, at the 100,000-square foot venue.

Even if you don't understand track racing, you can catch up-close action as the young cyclists fly around the 250-meter track at speeds of up to 50 miles per hour, and learn a little about what many cyclists consider to be the purest form of the sport.

Tickets to the event run between \$10 and \$35 per session, or \$85 to \$150 for an all-week pass.



The 2,500-seat velodrome, which is USA Cycling's national training headquarters, is an impressive sight by itself. Approximately 33 miles of Siberian pine were used to create the track, which features an inclination of 45 degrees. The ADT Event Center also had secured the 2005 World Track Cycling Championships.

For more info, visit homedepotcenter.com or call (866) LA-GROUP.