

Fall Thoughts by Mikael Hanson

What was the first clue? How about getting up at 5:30am to find not only a slight chill in the air, but complete and utter darkness – the tell tale sign that the triathlon season is drawing to a close. But what if I am not quite ready to call it a season? What if my thirst for competition has not yet been satiated? As many of us are close to hanging up the 'tri-stuff' for the season, why not put that multi-sport fitness base to good use before going into hibernation! The cool fall temperatures are ideal for skipping a few pool sessions (plenty of time for that in December) in favor of a little extra running and in that regard, some fall running PRs!

While taking time off after the tri-season is always a must (see my November '04 piece – *'With much regret, another season draws to a close'*), I tend to put that drastic act off for at least one more month and use October and early November to get in a few local running races (and New York's central park seems to host one almost every weekend come fall).



Even for us non-fall marathoners, October's cooler weather is perfect for some fast and fun running as the 'three-sport' pressure is off and for that matter as is the need for twice a day workouts. Once the end of September lumbers around, take a moment to think about your previous six-months of work. If you are like me, over the past six months you've biked, swam, and run what might account for a virtual Tour de France course, so why not put that triathlon-specific fitness base to good use. In each of the past five years I have looked forward to my fall running races with as much excitement as the triathlon season itself and can proudly boast a personal record (PR) at some distance every year.

Use the excellent running weather to explore a few places you might not have had the time to visit during the triathlon season. In the New York area that might include running (and not biking) the River Road located on the west side of the George Washington Bridge or the Palisades trail that runs along the bluffs above it. Take a trip to Rockefeller State park, or even a bit further, explore the miles of trails in Mohonk Preserve or

Minewaska State Park (both near New Paltz, NY).

Slip into cruise control this fall and have fun at a local 5 or 10K running race! Ill bet your time just might surprise you.

Mikael a Level 1 certified USA Triathlon coach, a Level 1 certified USA Cycling coach, a certified Schwinn indoor cycling instructor and will soon be completing his USA Track and Field certification. The ultimate multi-sport junkie, Mikael competes in numerous cross-country ski races, bike races, running events, and duathlons/triathlons during the calendar year. In 2004, he founded Enhance Sports, a multi-sport coaching and racing company based in New York City. Visit them on the web at www.Enhancesports.com or by e-mail at enhancesports@aol.com.