

Island Time

Don't miss out on these must-do Kona activities for Ironman World Championship racers and spectators.

BY JENÉ SHAW



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➤ Test out the waters in the beautiful Kailua-Kona Bay with a swim to the **FLOATING COFFEE BOAT** located about a half mile from shore. Get a shot of espresso from Coffees of Hawaii, some swag and a cookie from Blue-Seventy, and swim back more energized. The boat is typically there Tuesday through Friday mornings during race week.

➤ A trip to Ali'i Drive wouldn't be complete without a stop at the "see and be seen" hotspot **ISLAND LAVA JAVA** (*Islandlavajava.com*). It's tough to resist the Lava Java Shake—with locally made Big Island Kona coffee ice cream, Kona espresso and milk—and breakfast specialties like the "Island Style" pancakes or waffles with sliced bananas, macadamia nuts and coconut syrup. And if you're just in it for the celebrity athlete gawking, you shouldn't have trouble spotting some of Ironman's top players sipping on a Kona brew or running by.

➤ At 7 a.m. the Thursday before the race, hundreds of scantily clad athletes participate in the **UNDERPANTS RUN**. Before the "run"—more of a 1-mile walk/jog—the participants take an oath to not wear Speedos to local stores and restaurants, an embarrassing triathlete habit that led to the creation of the undie run 15 years ago.

➤ Looking for a low-key activity to calm your pre-race nerves? There are plenty of places to **SNORKEL** on the Big Island. You can rent equipment for around \$8 along Ali'i Drive (try *Jacksdivinglocker.com*) and head out by the pier for a hopeful turtle spotting, or travel 5 miles south for one of Kona's best snorkeling spots, Kahaluu Beach Park. Go deeper into the ocean with an organized tour with FairWind (*Fair-wind.com*)—their \$129, half-day Snorkel Cruise & BBQ includes a fresh fruit and frittata

breakfast, a barbecue lunch, equipment and two 15-foot water slides and a dive platform from the top deck. Or for \$99, you can go night snorkeling with manta rays!

➤ Once you've had enough of M-dot tattoos and spandex, venture out to **TOUR A COFFEE PLANTATION** (try Mountain Thunder for a free tasting and tour of their organic coffee farm, *Mountainthunder.com*) or stare at some constellations at the 9,300-foot Mauna Kea, where there's a **FREE NIGHTLY STARGAZING** program from 6 to 10 p.m. (*Ifa.hawaii.edu/info/vis*).

➤ If you're just in Hawaii to spectate, **EXPLORE VIA BIKE**. This route, suggested by coach John Newsom of Kona's Epic Camp Lite (*Epiccamp.com*), is around 65 miles and includes nearly 6,000 feet of climbing.

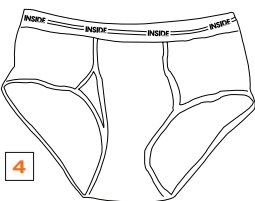
- Start at the pier and go north on Ali'i Drive, which turns right into Palani Road.
- Climb Palani Hill to the main set of lights, go through the lights and keep climbing on Palani.
- Stay on this road until the 50K/31-mile mark.
- Turn left onto Waikalua Road, which drops down to the Queen K Highway.
- Turn left onto the Queen K and head back toward town.
- Turn right onto Palani to return to the pier.

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1 Even the pros swim out to the floating coffee boat to get their fix for the day. Pictured are Olympians Jan Frodeno (center) and Javier Gomez (right) with Specialized's Bobby Behan. 2 It's common to spot honu (Hawaiian for sea turtle) while snorkeling. 3 Aerial view of the Big Island. 4 Watch out for whitey tighties at the Underpants Run. 5 Spectators surround Kailua Bay to watch the swim start.



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Training Oasis

With temperate weather during the winter months, diverse running venues and courteous drivers, Palm Springs, Calif., offers the perfect desert destination for a winter training block.

BY BETHANY LEACH MAVIS

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► Plan your trip around a local winter race or organized ride, such as the **TOUR DE PALM SPRINGS** (Feb. 9, 2013, Tourdepalm-springs.com), to test your winter fitness. Choose from seven ride distances ranging from 1 mile to 100 miles, complete with SAG stops.

► Make it a weekend brick by adding on the **PALM SPRINGS HALF MARATHON, HALF MARATHON RELAY OR 5K** (Feb. 10, 2013, Kleinclarksports.com). The flat and fast course winds through residential areas, all within view of the surrounding snowcapped mountains.

► To get in some swim training, head to the 50m pool at **PALM SPRINGS SWIM CENTER** (\$5 per day for nonresidents), says Jonathan Cane, a New York City-based multisport coach who spends a few weeks a year in Palm Springs. "Breathe in one direction to see palm trees; turn the other way and see mountains," says Cane.

1 *The Tour de Palm Springs features rides up to 100 miles.*
2. *The desert serves as a scenic backdrop to winter training.* 3. *With multiple Indian reservations nearby, try your luck at a casino.* 4. *Try a latte (and pastry) at Koffi.*

► Start your mornings off at **KOFFI COFFEE** on North Palm Canyon Drive (Kofficoffee.com) for a good cup of Joe, tasty pastries and nice outdoor seating. Just up the street is **CHEEKY'S** (Cheekysps.com), a fun spot for post-run brunch.

► For a challenging, hilly run, Cane recommends **SOUTH LYKKEN TRAIL** (Hiking-in-ps.com), which climbs 900 feet in elevation over the first 3 miles.

► Cane recommends staying at the **SPA RESORT CASINO** (Sparesort-casino.com) in downtown Palm Springs. Not only does it have a gym and spa, it also features an all-you-can-eat buffet for post-workout feasting.

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► If you can't make it out to Palm Springs in the beginning of 2013, this fall features some great local events including the **PALM SPRINGS TRAM ROAD CHALLENGE** (October 2013, Kleinclarksports.com), a 6K uphill run that climbs 2,000 vertical feet in less than 4 miles. Or later in the year, compete in one of the five race distances of the **HITS TRIATHLON** (Hitstriathlonseries.com). If you sign up more than four months in advance, the iron-distance race costs only \$150.



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Red Rock Retreat

The quiet roads, serene lakes and endless running trails make St. George, Utah, a hot spot for a weekend of training or racing.

BY JENÉ SHAW

» Take on the challenge of the full-turned-IRONMAN 70.3 ST. GEORGE course (May 4, Ironman.com). The scenic red bluffs through-out Snow Canyon State Park might take your mind off the 2,500-plus feet of climbing you'll tackle in 56 miles.

» Prefer the shorter stuff? Two sister events, the SG TRI on May 18 and KOKOPELLI on Sept. 14, offer sprint, Olympic and even kids' distances also held at Sand Hollow State Park (Bbsctri.com).

» Reward your efforts with one of the creative menu options at the BEAR PAW CAFÉ (Bearpawcafe.com)—the Bear Paw French Toast is stuffed with spiced apples, vanilla or chocolate brûlée cream, and the Forgotten Baked Apple combines Granny Smith apples with vanilla, brown sugar, granola, cranberries and ice cream.

» If you're in town for a training weekend, test out the 70.3 bike course, suggests professional triathlete Heather Wurtele, who parks her and her husband Trevor's RV in St. George for four months of the year. "We love the quiet roads around Sand Hollow Reservoir, and the ride up to Kolob Reservoir in Zion National Park is fantastic for those who want even more climbing," she says.

1 Hike, bike or climb at Snow Canyon State Park. 2. The desert serves as a scenic backdrop for the Ironman 70.3 or winter training. 3. Stop by River Rock Roasting Company for an espresso and a chocolate bacon scone.

» Grab a cup of joe at RIVER ROCK ROASTING COMPANY (Riverrockroasters.com) if you're headed toward Zion, or try the local PERKS ESPRESSO AND SMOOTHIES (1515 W. Sunset Blvd.).

» For dinner plans—with the exception of your pre-race meal—try BENJA'S THAI GARDEN (Benjathai.com), where Wurtele says the Musaman curry and chicken pad thai are must-orders. For all-you-can-eat sushi, she says ICHIBAN JAPANESE SEAFOOD BUFFET (Ichibanjapaneseseafoodbuffet.com) is hard to beat.

» Run for hours on compact sand and red dirt by heading out Warner Valley Road from Washington Fields toward the Grand Canyon. There are also plenty of trails in Red Cliffs Desert Reserve, Snow Canyon and other local state parks (Sgcity.org/parks).

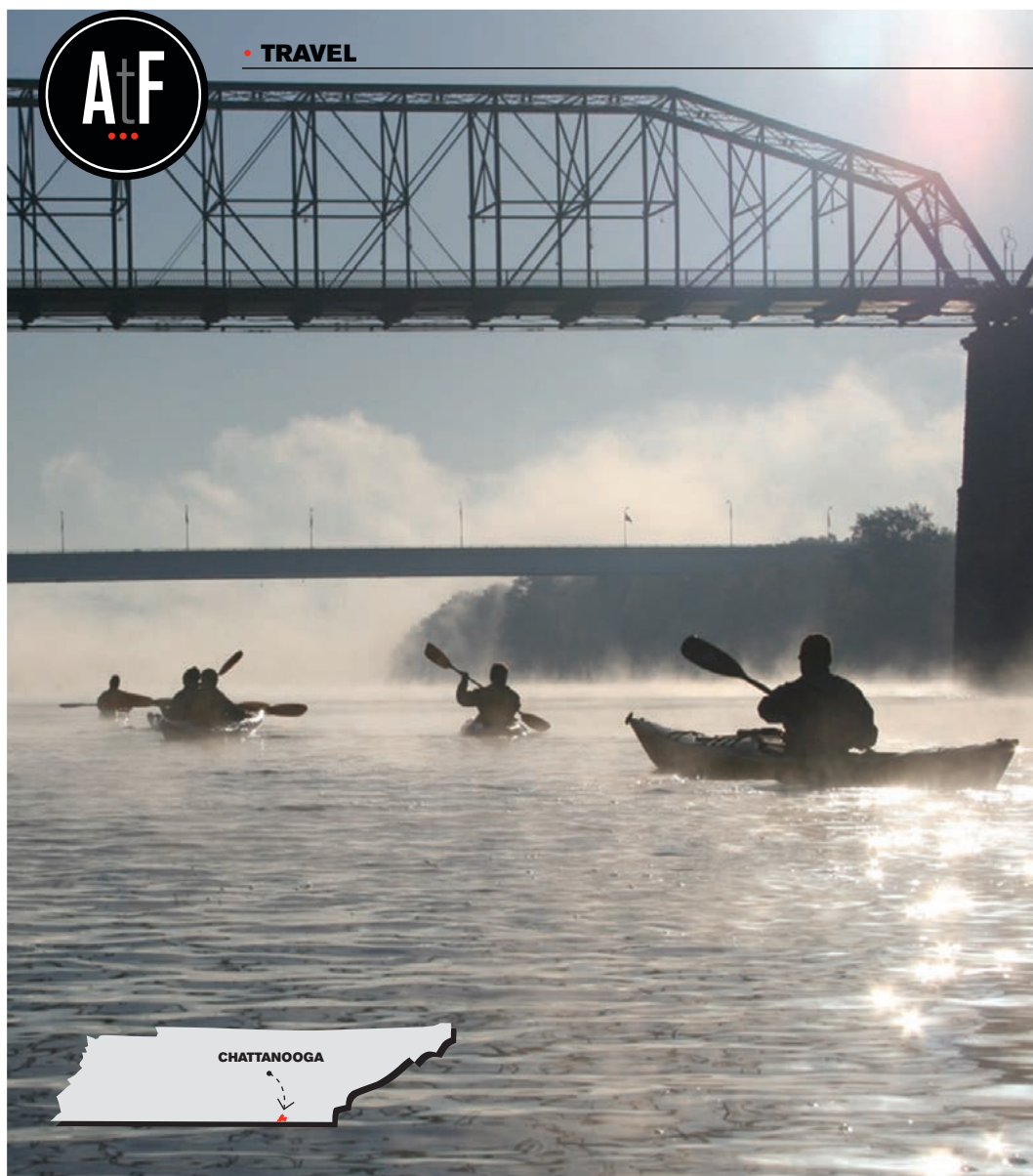
» Recover with a yoga class, climb the rock wall or swim laps at Utah's largest aquatic center at the WASHINGTON CITY COMMUNITY CENTER (\$6 aquatic/\$7 full facility, Washingtoncity.org/communitycenter).



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Tennessee Trails

Endless single-track, temperate weather and scenic vistas make Chattanooga, Tenn., an ideal training destination.

BY BETHANY LEACH MAVIS

➤ Nestled among the mountains along the Tennessee River, Chattanooga has built a reputation as an outdoor adventure hot spot. It offers kayaking, rock-climbing and stand-up paddle boarding, and has mild weather year round.

➤ The best time of year to visit is the fall, says local Zach Winchester, a former pro triathlete who co-owns the running store Fast Break Athletics. “The hills are on fire with color and it’s gorgeous.” But local races take

place throughout the summer and fall. Sign up for the Olympic-distance **CHATTANOOGA WATERFRONT TRIATHLON** (July 14, Team-magic.com), the **ROCK/CREEK STUMPJUMP 50K** trail race (Oct. 5, Rockcreek.com), or the popular **CHATTANOOGA CHASE 8K** road race (May 18, Chattanoogaogatrackclub.org), now in its 46th year.

➤ One of Chattanooga’s biggest draws is its epic single-track—hundreds of miles of both flat and technical trails within a short drive. “Trail running is just phenomenal in Chattanooga,” Winchester says. He recommends a scenic 16-mile trail loop around the TVA Reservoir on top of Raccoon Mountain.

➤ If you want to stick to the roads, downtown Chattanooga also has great running routes. Winchester says that most people end up running a figure-8 shape from downtown incorporating the three pedestrian-friendly bridges that traverse the river as well as the **RIVERWALK**, a path that parallels the south shore of the river.

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1. Kayakers paddle under the Walnut Street Bridge in the Tennessee River. 2. The Tennessee Aquarium is a must-do family-friendly activity while you’re in town. 3. A cyclist rides on the Riverwalk in downtown. 4. Lookout Mountain’s Incline Railway offers a unique view of the landscape surrounding Chattanooga.

➤ The city will host the time trial and road race portions of this year’s **USA CYCLING PROFESSIONAL NATIONAL CHAMPIONSHIPS** (May 25–27, Usacycling.org). You can participate in the 15-, 30- or 60-mile charity ride before watching the time trial on May 25. For training rides, Winchester recommends the popular Lookout Valley and Sequatchie Valley, where you can go 40–75 miles and get in some awesome climbing and beautiful views.

➤ Chattanooga isn’t lacking in good eats. For breakfast, head to **STONE CUP CAFE** (Stonecupcafe.com) and try the dark roast with an “egg-gel” (scrambled egg and cheddar on your choice of bagel). For dinner, try **TACO MAMACITA** (Tacomamacita.com), located across the river from downtown in North Shore. It’s a contemporary twist on Mexican street tacos, featuring margaritas with fresh-squeezed lime juice and a separate vegan menu.

➤ Join the standing Monday night open-water swim in the lake, just 6 miles from downtown, or the Wednesday night swim in the river, organized by the COWS (Chattanooga Open Water Swimmers).

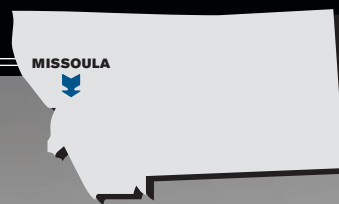
➤ While you’re in town, ride the **LOOKOUT MOUNTAIN’S INCLINE RAILWAY**, check out the **TENNESSEE AQUARIUM** (Tennis.org) or explore the area’s historical sites—one of the bloodiest battles of the Civil War was fought on and around Lookout Mountain.



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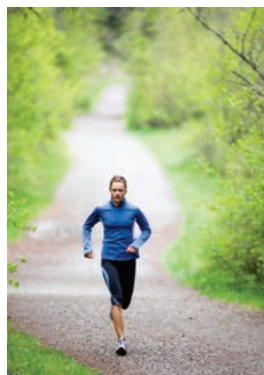




Actively Alpine

MOUNTAIN WILDERNESS MEETS SUMMER TRAINING ESCAPE IN MISSOULA, MONT.

BY JENÉ SHAW



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1. Cyclists enjoy the Montana landscape while training at *The Cycling House*. 2. Tour the local *Big Sky Brewery*. 3. Pro Linsey Corbin lives and trains in Missoula most of the year.

➤ There is no shortage of events for the multisport-minded, like the sprint-distance **GRIZZLY TRIATHLON** (April, Grizzlytri.com), the **MISSOULA MARATHON** (5K, half-marathon or full in July, Runwildmissoula.org) or mountain bike race **MISSOULA XC** (June, Missoulaxc.org).

➤ Enjoy seven days and six nights of riding up challenging climbs and through beautiful rural roads, swimming in alpine lakes and eating healthy, fresh meals by the campfire at **THE CYCLING HOUSE'S TOUR DE MONTANA CAMP** (July, \$1,395 all-inclusive, Thecyclinghouse.com).

➤ Grab coffee and pro Linsey Corbin's favorite chocolate hazelnut scone at local bakery **LE PETIT OUTRE** (Lepetitoutre.com), stock up on local, organic bulk foods at **THE GOOD FOOD STORE** (Goodfoodstore.com) or check out the produce and baked goods at the **MISSOULA FARMERS' MARKET** (Missoulafarmersmarket.com).

➤ For dinner, order a Gue favorite at **CAFFÉ DOLCE** (Caffedolcemissoula.com)—the lamb burger topped with bacon, goat cheese, grilled onions and arugula. He also recommends the jam-balaya at the popular, dive-y **DINOSAUR CAFÉ** (428 N. Higgins Ave.).

➤ Try some of Corbin's favorite must-dos: Hike to the "M" on Mount Sentinel, float or white-water raft down the **CLARK FORK RIVER** (day trips less

than \$100, Rowadventures.com), tour the **BIG SKY BREWERY** (Bigskybrew.com) or go for **MISSOULA CRAFT BEER WEEK** in late April (Missoulabeerweek.com), try gourmet ice cream flavors like Strawberry Pink Peppercorn Sorbet or White Mint Oreo at **BIG DIPPER ICE CREAM** (Bigdippericecream.com), and swing dance to live music at local watering hole the **UNION CLUB**.

➤ Bike the Big Flat Loop, (search on Mapmyride.com) or go to Idaho and back on Lolo Pass (check out Missoulabike.org for routes and weekend rides). Trails for mountain biking or running abound at the **RATTLESNAKE NATIONAL RECREATION AREA**—Corbin assures that there aren't any rattlesnakes, but you "may need to keep an eye out for black bears!"

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➤ Owen Gue, a former pro cyclist and owner of training camp outfit The Cycling House, calls his hometown of Missoula, Mont., the "center of the universe."

"There are rivers, mountains and epic trails right out your back door," he says. "It's an awesome place to get out and be active because the community fosters it, and the post-workout watering holes are second to none."

TOM ROBERTSON, JOHN SEGESTA



The Upside of Upstate

ENDLESS TRAINING ROUTES AND EPIC SCENERY
KEEP TRIATHLETES COMING BACK TO NEW PALTZ, N.Y.

BY BETHANY LEACH MAVIS

» Located in the Hudson Valley just 90 miles north of New York City, New Paltz is nestled at the base of the Shawangunk Mountains amid the **Mohonk Preserve** and **Minnewaska State Park Preserve**, which combine for thousands of acres of mountain ridges, pristine forests and crystal-clear lakes. The town is an easy drive or train ride from Manhattan, making it a popular weekend training spot for East Coast triathletes.

» Pro triathlete Rebecca Wassner, who does much of her training in New Paltz, says that what sets the area apart is the network of carriage roads throughout the area that were originally built to take people by horse-drawn carriage to the **Mohonk Mountain House**, a historic resort hotel built in the late 1800s. “You can run off-road for miles and miles,” she says. Stop by the Mohonk Preserve Visitor Center to pick up passes and trail maps. Wassner’s all-time favorite

run is a five-mile loop on the Undercliff and Overcliff carriage roads. Other run options: Join the Lenape Sunday Run group at 9 a.m. on the Lenape Lane trail, or run the Wallkill Valley Rail Trail starting from town.

» New Paltz hosts the infamous **S.O.S. (Survival of the Shawangunks) Triathlon**, an eight-stage race that totals 30 miles of cycling, 2.1 miles of lake swimming and 18.7 miles of trail running (Sept. 8, 2013, Sostriathlon.com). The other major local race is the grueling **American Zofingen Duathlon**, which features three distances of road biking and trail running (Cm2promotions.com).

» For your morning cup of joe, head to **The Mudd Puddle**—you can ride your bike right up and sit outside in the courtyard, says Wassner. **Main Street Bistro** is the place for breakfast or lunch (Mainstreetbistro.com). For a post-workout dinner and brew,

1. The network of carriage roads in the preserve and state park make for miles of running trails. **2.** Local breakfast and lunch joint **Main Street Bistro** is owned by a triathlete and former punk rock drummer. **3.** The area boasts some excellent rock climbing.

New Paltz



1.8 square miles
Area

14,000
Population

240 feet
Elevation

visit the **Mountain Brauhaus**, which serves authentic German cuisine (Mountainbrauhaus.com). And with the Culinary Institute of America just 20 minutes away, it’s easy to find great food all around the area.

» Swim training is simple. The State University of New York at New Paltz, has an indoor pool open during the winter months, and in the summer, two outdoor pools and a mountain lake are swim training options. For bike training, Wassner recommends riding from New Paltz to the Ashokan Reservoir in the Catskill Mountains, where “traffic or traffic lights are never an issue,” she says.

» If you’re spending the night, **Hungry Ghost Guest House** (Hungryghostguesthouse.com) is well-priced, with rooms starting at \$115 a night, offers swim lessons and guided runs, and serves gluten-free and vegan food. For longer stays, rent a vacation home in the hills through VRBO ([Vacation Rentals By Owner, Vrbo.com](http://VacationRentalsByOwner.Vrbo.com)).

» While in the area, don’t miss out on the incredible **rock climbing** (go to Rockandsnow.com to find a guide), the local wineries or the fall apple picking at a local farm.

LAUREL WASSNER