

STARTING LINES

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LEANDA LEADS THE WAY

A day of spinning in honor of the Blazeman Foundation

By Paige Dunn



Professional Triathlete Leanda Cave led the way for hundreds of Bay Area athletes on February 6 as they pedaled on spin bikes to honor the memory of Jon “Blazeman” Blais, a courageous triathlete, who passed away from ALS (Amyotrophic Lateral Sclerosis, also known as Lou Gehrig’s Disease) in 2007.

Cave, a two-time Ironman 70.3 world champion, was joined by a group of certified spin instructors, elite cyclists and triathletes to lead classes throughout the day. Participants were treated to some great gear from event sponsors Accelerade, Giro and Blueseventy, and they were excited to kick off their 2010 training seasons in such a powerful and motivating way.

Event founders Chris McCrary and Simon Mutlu, from the Forward Motion Race Club, created the successful event last year and were thrilled to have Cave take part this year. “Blazeman,” who completed the World Championship course in Kona, Hawaii while battling his life-threatening disease, would be proud.

The 16.5-hour spin-a-thon was held at Club Sport San Ramon and raised more than \$11,000 for the Blazeman Foundation. This period of time duplicates the length of time Jon Blais needed to complete the Ironman Hawaii course in 2005, an amazing feat con-

sidering the amount of pain that he endured due to ALS complications. Some participants logged an hour or two, while others dedicated themselves to the entire event.

Cave proudly and consistently supports the Blazeman Foundation, founded by Jon Blais and his parents, Mary-Ann and Bob, through fundraising events and sponsor support. Last year Cave successfully raised more than \$14,000, and she is poised to help again this year through a number of events.

“I had the pleasure of meeting Jon and his parents at the 2006 70.3 World Championships in Clearwater. His story and struggle inspired me, touched my heart and left me in tears,” shares Cave. “I was excited to be part of an event to raise money and awareness for such a great cause.”

If you are lucky enough to watch Cave at the finish line of one of her races, you will likely see her duplicate the signature Blazeman move to stop, drop and roll across the line. 

 Find out more about Cave and her support for the Blazeman Foundation by visiting leandacave.com.



CELEBRITY HOT SEAT

Three Questions For Mark Harmon

By Bob Babbitt

What type of workouts are you doing? I recognized early that the schedule on this show (“NCIS” on CBS) was going to be more demanding than any other show I had ever undertaken. Since no shooting day is ever done in chronological order to the script, we may change our clothes anywhere from five to 10 times a day. So my daily workout consists of core exercises that I do in my trailer every time I change clothes.

When do find time to workout? If I find the time away from work on any given day, I will swim or bike, or both. We have also had a gym at work since year five, and that’s available for everyone.

Do you have any athletic goals right now? No specific goals. I stay healthy, and to do that I believe in changing the program and constantly adding and subtracting based on how you feel and what your body is telling you.

Run2Become founder Matt Dixon coaches professional athletes including Ironman champions Chris Lieto, Tyler Stewart and Linsey Corbin.

Photo by Coors Classic Archive File Photo

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ONE COOL JOB

Rachael Lambert is all about the bike

By Paige Dunn

In the male-dominated industry of cycling, it's nice to know that there are actually women behind women's products. Specialized's Rachael Lambert is as passionate about her work off the bike as she is on it.

Tell us about your cool job. I am the women's product marketing manager at Specialized Bicycle Components. My job entails researching the women's mountain bike and equipment market and determining what women want and need from those products, and then communicating and translating that into the product development cycle. I end up working with a very diverse team of people, including the engineering and industrial design departments, to ensure that the products that are coming to market are within the right design criteria based on a rider's needs.

What's your best experience on a bike? Definitely my best biking experience happened this past fall, when I was invited by the president and founder of Specialized, Mike Sinyard, to participate in a road ride from Morgan Hill to Las Vegas to raise awareness for breast cancer research. It was incredible, and I had a lot of first experiences: including hottest ride (116 degrees in Death Valley), fastest century (under four hours with an awesome tailwind) and most miles completed consecutively. The people, cause and views were so amazing that I think it will be a while before I forget this experience.

What do you see yourself doing five years from now? Riding my bike, no matter what else comes my way. 

WINNER'S CIRCLE

Meet three athletes who have accomplished great things



Emily Kachorek

Wells Fargo cycling team's Emily Kachorek is one rider you will always see in the front of the pack. With the goal of producing consistently strong finishes for her team, Kachorek is well on her way with her first road win of the 2010 season at the Cal Aggie Criterium. She came off a successful 2009 season with a seventh-place finish at the Collegiate Cyclocross Nationals and two individual race wins at the Sacramento Cyclocross Series. In addition to racing with Wells Fargo, Kachorek is president of the Sacramento State Cycling Team and a graduate student studying conservation biology. "I'd like to win the overall 2010 Sacramento Cyclocross Series," she says, "but equally important this year is to introduce new riders to the sport of bike racing."



Alexia Smith

Although she doesn't like to call herself a runner, Alexia Smith of Dublin, Calif., proved she's got what it takes to run the 2011 Boston Marathon. Smith qualified on her first attempt late last year at the inaugural Santa Barbara Marathon, running an impressive 3:30. "I watched the Boston Marathon for the first time in 2008. It was a perfect day and it was so amazing to stand at Copley Square and see all these people accomplish something so renowned," she says. Until she toes the line in Boston, Smith will focus on her primary sport, triathlon. With a Ph.D. in nutritional biochemistry you know she'll be properly fueled for her 11-13 hour training weeks. This year it's all about Ironman training as she is looking forward to seeing what she can do at Ironman Coeur D'Alene in June.



Chris Dufour

As a middle school teacher in Pleasanton, Calif., Chris Dufour makes it a priority to set an example for the kids he teaches by living an extremely active, healthy lifestyle. Dufour recently joined the Taleo cycling team and is focused on using the 20 cycling events on his calendar to get him ready for his triathlon season. Dufour is sure to accomplish great things this season in both sports. "I have learned so many valuable skills from fellow athletes and I know this year that I have become a more competitive racer," he says. This year Dufour will be racing his first Ironman in St. George, Utah, with the hopes of qualifying for the World Championship. A new father, Dufour manages to successfully combine fatherhood with 20-hour training weeks. And what's more impressive, the guy never stops smiling.



Competitor Radio **SOUND BITES**

"I just decided one day that I wanted to run 15 miles around Big Bear Lake, and I did it in my basketball shoes with my dad. That's when I knew I wanted to be a runner."

—RYAN HALL, OLYMPIC MARATHONER (WITH A 2:06:17 PR)

For full interviews with Ryan and other endurance sports legends, visit the archives of competitorradio.com.

Rachael Lambert photo: courtesy of Specialized

Specialized will donate \$1 to Susan G. Komen in your name when you test ride a Specialized bicycle at your local dealer.

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ESCAPE: MT. DIABLO

Three ways to play in East Bay

By Paige Dunn

Head directly east of San Francisco and you will find the majestic Mt. Diablo and the beauty of the East Bay hills. Accessible from either Walnut Creek or Danville, Mt. Diablo is a recreational paradise. One of the ecological treasures of the Bay Area, Mt. Diablo is home to beautiful wildflowers, an extensive trail system, fascinating wildlife and distinctive sandstone rock formations. At 3,849 feet Mt. Diablo towers over the East Bay and provides views that some argue are the best in the Bay. Some geographers claim that you can see more of the earth's surface from the top of Mt. Diablo than from any other peak in the world, with only one exception: Africa's legendary 19,340-foot Mt. Kilimanjaro. Mt. Diablo provides a great escape to run, ride and play.

RUN

Adjacent to the Diablo Foothills, the Castle Rock Recreation Area is home to a 13-mile out-and-back trail run through a scenic canyon, along a sometimes barren creek. The trail is shaded by sprawling oak woodlands and sandstone formations. In addition to the main trail with rolling hills, you can explore other trails that feed in from the Walnut Creek and Alamo areas. This area is also home to volleyball courts, softball fields and spacious picnic sites. It's a hidden gem where you can catch a solo run in a beautiful location. Directions and more info at ebparks.org/parks/castle_rock.

RIDE

The route is clean, smooth and virtually free of cars. Riders have both the North and South Gate entrance options and both are equally challenging. The South Gate entrance is where riders enjoy the well-known Mount Diablo Challenge, a 10.8-mile timed bike ride held every October. Mt. Diablo is also home to some great mountain biking trails. The park is open to the public from 8 a.m. to sunset, so grab a Mt. Diablo State Park trail map, which can be found at park entrance stations, and hit the trails. Directions and more info at parks.ca.gov.

PLAY

You won't want to miss a visit to Rock City while exploring Mt. Diablo. Rock City, a haven of unusually large sandstone formations that beg to be climbed, is one of the best places in the Bay Area to view the sunset or enjoy a picnic any time of the day. You'll want to load your pack with sandwiches from local favorite Kinder's BBQ. While visiting this family-owned business, try Kinder's famous Ball Tip Steak Sandwich or one of the other amazing sandwiches they offer and you will not be disappointed. Find them at kindersbbq.com. **CM**

 Callout callout
callout callout

LOCAL FIND: FORMA

Subhead

Boasting some of the Bay Area's best trainers and cutting-edge equipment, Forma Gym located in Walnut Creek, Calif., is worth a visit to the East Bay. Athlete and personal trainer Jessica Ingroff teaches some of the best TRX classes around, and if you are lucky enough to snag a personal training session with Forma's owner Robert Jackson or the talented Tim Ennis, you will leave wanting to come back for more. Forma also offers a quick dose of daily fitness with their lunchtime, semi-private circuit training classes. These 30-minute sessions include a combination of weights and cardiovascular cross-training that keep you moving and motivated through the entire workout. For more information, visit formagym.com.

Photo by Forrest Arakawa

Pacific Coast Trail Runs hosts 8K, 25K and 50K trail run events on Mount Diablo in October.