

# Life in LAMORINDA

## 2nd Annual Treeline Triathlon

By Lee Borrowman

The Moraga Treeline Triathlon swims, rides and runs its way back to Lamorinda on Saturday, April 26th. Triathletes from across the Bay Area will be joined by local enthusiasts in a 400-meter swim, 14-mile cycle and 5K run.

The event takes place at Campolindo High School and on surrounding surface streets. The impressive Soda Aquatic Center will host the swim portion. The race begins when the first swimmer enters the pool at 7:00 a.m. Damp participants will then head out for a scenic, fast-paced, two-wheeled cruise through Canyon and back, with a brief detour up and down Camino Pablo, taking care as they cross over that street's in-

famous speed tables. Racers finish with a run through the rolling hills of the Campo neighborhood and a victory lap around the high school's track as friends and family cheer. Moraga Parks and Recreation Director Jay Ingram expects the early finishers to cross the line by about 8:15.

The Treeline Triathlon is a 'sprint distance,' or 'baby tri,' which makes it accessible to everyone, according to returning Race Director Carl Martin who encourages Lamorindans to get out there and give it a try: "I'm a firm believer that you can do anything you set your mind to...completing a triathlon gives you a great sense of accomplishment."

If your legs/knees/shoulders

are not up for all three segments of the event, you can gather some friends together and enter as a relay team: One can swim, another bike, and a third run. Or perhaps you like to swim and cycle but running's not your thing? Your neighbor just might be delighted to join in the fun without the necessity of getting wet or running the risk of having to change a flat tire.

"There are many people that have a bad knee or bad ankle that can't do the run, but that would like to be part of the event. The relay offers just that. In fact, it's a great opportunity for families to train together," says Martin.

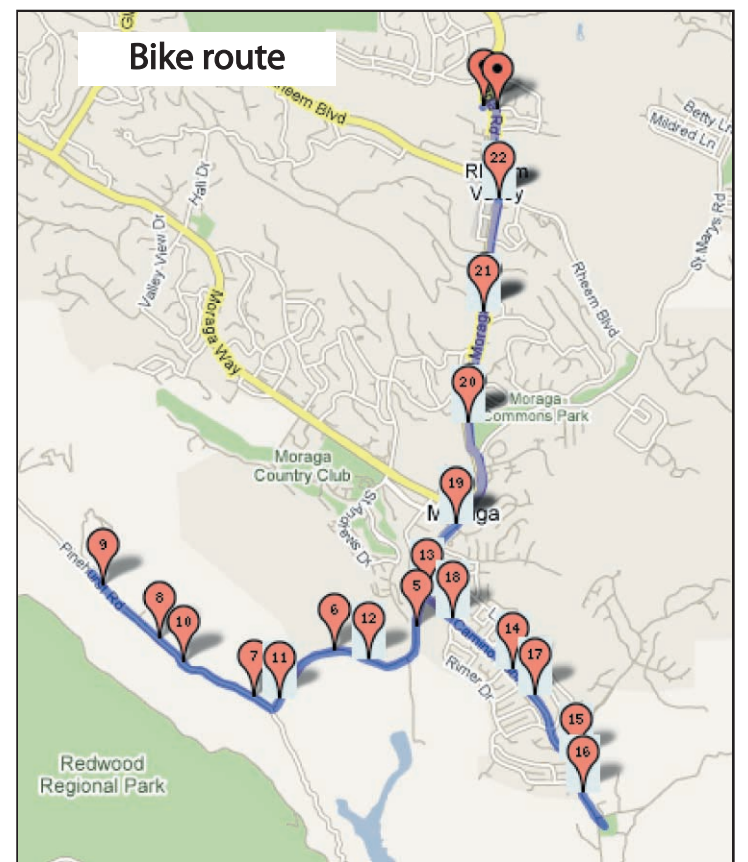
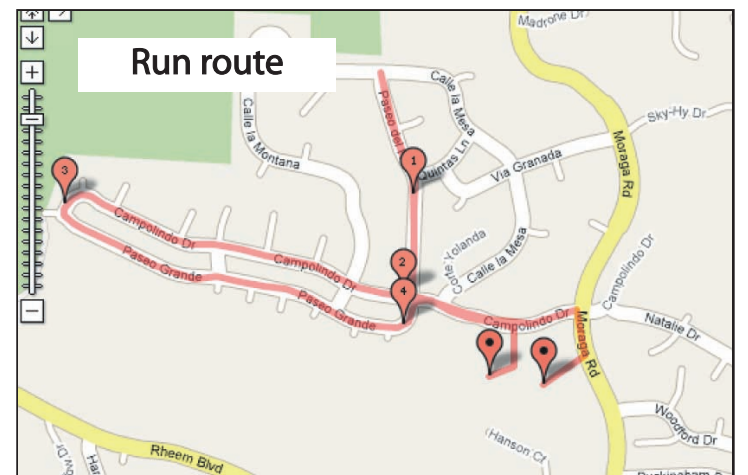
Being faster than your peers comes complete with bragging rights – just ask the Lafayette City Council relay team that did its city proud last year!

In 2007 the Treeline Triathlon raised \$2000 each for the Hacienda Foundation and the Soda Aquatic Center Scoreboard Fund, and \$3000 for the Community Emergency Response Training (CERT) program, whose volunteers

helped monitor the cycling course last year and will perform the same service this year. Most of the proceeds from the 2008 event will be used to support the programs and facilities of the Moraga Parks and Rec Department, with \$3000 again going to the CERT program.

Registration opened January 1 and continues through the day of the event, although the entry fee goes up on April 1st and again for those who wait until race day to enter. Right now the cost is \$70/adult, \$40/student (12-18), and \$120 for a relay team. The race is open to anyone age 12 and up, and there will be male and female winners awarded in each age group: 12-18, 19-29, 30-39, 40-49, 50-59, 60+ and the top three in the relay division. For more information, go to <http://www.moragatri.com/>.

The Moraga Treeline Triathlon is sponsored by Village Associates, the Moraga Parks and Recreation Foundation, Silicon Connections, Forward Motion Sports, Sharp Bicycles, Kiwanis International and your friendly neighborhood newspaper.



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**Body Markers (and other volunteers) Needed**

The task of marking the bodies of triathletes as they prepare to compete is but one of the many volunteer jobs available at the Treeline Triathlon. The Moraga Parks and Recreation Department is also looking for volunteers to help out at the check-in area, pool, along the 5K run route, in the transition zones and at the finish line. Pre-event set-up help is needed as well.

Parks and Rec Director Jay Ingram says there are several opportunities for service organizations and Boy Scout/Girl Scout Troops, so if you're looking for a community service project this spring the Treeline Triathlon may be just the ticket. Event proceeds will go to benefit the Community Emergency Response Training program, and Parks and Rec programs and facilities.

Moraga Parks and Rec has scheduled two volunteer orientation sessions, one on a weeknight and one on a weekend to accommodate different schedules: Wednesday, April 2nd at 6:00 p.m. and Saturday, April 5th at 2:00 p.m. For more information call Moraga Parks and Rec, 888-7045.

# Lafayette Jazz Festival

**Bentley School Theater**

**Thursday, March 6th, 7:30PM**  
 Kaiser Permanente Senior Advantage, Sponsor  
 Bentley Jazz Ensemble with guest Mic Gillette & Big Band of Rossmoor

**Friday, March 7th, 7:30PM**  
 Diablo Foods, Sponsor  
 Stanley Jazz Messengers & Jamie Davis and his Trio

**Saturday, March 8th, 7:30PM**  
 Oakwood Athletic Club, Sponsor  
 Acalanes Jazz Ensemble with the Wayne Wallace Quintet

**Acalanes Performing Arts Center**

**Sunday, March 9th, Matinee 3:00PM**  
 Concord BMW and Bill Graham Foundation, Sponsors  
 Contra Costa County Honor Jazz Bands High School - Guest Director Frank Sumares  
 Middle School - Guest Director Ted Moore

Tickets for Thursday or Sunday.....\$7 ea  
 Tickets for the Friday or Saturday.....\$16 ea  
 Tickets are available at the Lafayette Chamber of Commerce  
**(925•284•7404) www.lafayettechamber.org**

## From the Triathlon Training Trenches

By Lee Borrowman



Carl Martin, Treeline Triathlon Race Director and training instructor

For a creature of comfort such as your's truly, the idea of plunging into an outdoor pool at 8:00 a.m. on a chilly Saturday morning in February was akin to my worst nightmare. My kids have never even been allowed to wake me until after 8:00 on weekends. Yet rise and plunge I did, albeit largely out of fear of potential public humiliation should I not keep my promise to finish the

Treeline Triathlon on April 26th (or die trying).

Many of the 20+ participants in the Moraga Parks and Rec Department's Triathlon Training class could finish a triathlon tomorrow with relative ease, such as my own boss (publisher Andy Scheck), some who are triathlon veterans, and some with the vigor of youth. They are there to rise to an even higher level of athletic perform-

ance. I was pleased, on the first day of class, to find myself also in the company of a handful of folks with the same goal as mine: Crossing the finish line, before dark.

Triathlete, Race Director and self-described "disciplinarian" of triathlon trainees, instructor Carl Martin serves as personal trainer and sometimes head cheerleader for each class member. Martin has put everyone on a training schedule, offering extra help and coaching to those of us with "problem areas," such as my own inability to run a mile (much less 5K) to save my life. Martin can often be heard to say, with the utmost sincerity, "Helping you get to a higher level and achieve your goals brings me to a higher level as well."

Martin also mails out weekly 'readers,' brings in guest speakers and schedules 'field trips' to supplement his own vast experience. Race sponsor Forward Motion joined us last weekend for a discussion of cycling form and the importance of wearing the right running shoes. The week before, we visited Sharp Bicycles in Lafayette where owner and sponsor Matt Sharp gave a demonstration of proper bike fit. I'd no objection to being the experiment, but had I known I'd be baring my right leg for an audience I'd have shaved and moisturized. A true gentleman, Sharp wisely said nothing.

Despite the fact that my classmates continue to look up with surprised smiles every week that I manage to show up for class, training as part of a local group is perfect for those of us who might be inclined to slack-off when we think nobody's looking, and offers a way to reconnect with old friends at the same time.

I'll let you know how we are all doing in a few more weeks; in the meantime, you may see me jog-walking through your neighborhood. Happy Trails!



Triathletes-in-training Maria Chaves, Ana Perez and Tanya Salmeron watch as Matt Sharp (Sharp Bicycles) demonstrates proper bike fit using a hapless 'volunteer'