



Meredith Kessler: Busy work schedule at Royal Bank of Canada, wife to Aaron Kessler, purplepatch pro and 2nd place at Ironman St George!

purplepatch noun: A period of excellent performance, when nearly everything seems to go right, work properly, and is in perfect balance. Everything seems to fall into place and flows, making it seem like you cannot do anything wrong.

Catching up with purplepatch pro's

This month - a quick check in with the results and news of the professional athletes.

Now that May is upon us, we are well into the season and already accumulating lots of exciting news from the professional athletes of purplepatch. The biggest result so far has come from our newest pro, **Meredith Kessler**, who began the season with a strong 4th place finish at New Orleans 70.3, then returned just two weeks later to get second place at Ironman St George (Utah) and qualifying for the Hawaii Ironman World Championships. I have been saying to anyone who will listen to keep an eye on 'Mighty Mere', but it is not a secret anymore as she podiums in her first Ironman of 2010. Even more impressive was the news that she rode the last 60 miles of the bike with her break rubbing so severely the wheel hardly turned! She now knows screeching wheels and decelerating downhill are worth stopping to check on!). Meredith got a little rest following her break-out race in Utah, but is now back at it as she prepares for Ironman Couer d'Alene in June, which was won last year (in a new record time) by purplepatch pro **Tyler Stewart**.

Tyler will not be back to defend her title this year, but with good reason. Tyler has spent the first part of 2010 focusing on bike racing, which will culminate in the National Time Trial Championships in June. For coaching support and guidance in her cycling Tyler turned to cycling-specific coach Craig Upton, who has coached many of the leading women time trialists in the US and the World. It has been a great change of pace for Tyler, especially with the busy life she leads outside

of cycling, and she has predictably taken the cycling world by storm. She has taken the opportunity to also work on swimming, so we can expect Tyler to make a splash when she returns to triathlon with the Vineman 70.3 in July - her first step in prep for the October Hawaii Ironman World Championships.

Chris Lieto has had a great start to 2010, with our early focus on much shorter racing, at high intensity. He has been on the podium in every race he has started in 2010 while competing against the 'short-course boys'. The best news is that, as a coach, I can honestly say that he is a *much* better athlete overall than where he was last October - so good things ahead. He will now step things up and tackle some 70.3 distance events, with Kansas next on the schedule on June 6th.

Linsey Corbin has had a great start to her purplepatch career. As noted in last month's newsletter, Linsey has made a lot of changes in her training over the last months, which is not an easy thing to go through. The benefits of all these changes are not always immediately apparent, but she has shown faith and determination in executing the program really well, and these changes have laid the groundwork for *long-term* evolution in her athletic career. As we come to May, she has already finished 2nd at New Orleans 70.3, a great start to the year, and is now starting to show the telltale signs of what I look for in training to be able to take her own performance to a different level. She has Kansas with Chris in a couple of weeks, then

we are off to Coeur D'Alene for her mid-season Ironman. I expect Linsey to just keep getting better through 2010.

Rachel Joyce joined purplepatch at the start of the season, and I immediately saw the massive potential and journey ahead of her. As she stepped up for the March Abu Dhabi Triathlon the media were largely ignoring our girl from London, but we felt like we knew better. First group out of the water was perfect, but then disaster struck, as a badly cut foot in transition forced her out of the race. These things happen, but the cut was worse than first thought. Three severed tendons, two operations and six weeks in a protective boot has destroyed all chances of early season racing. The good news is that Rachel is now back to training and currently in Spain rebuilding. She did a great job maintaining fitness in rehab and is well ahead of plan. Look for Rachel to be racing in the US this summer, and the Hawaii Ironman in October.

Matt Lieto had a great start with a win at his first XTerra Triathlon in April, but that was purely preparation for his big early season goal of Ironman St George. Unfortunately, as good race-prep as the XTerra was, the stomach virus he caught killed off any chance of Ironman racing two weeks later. He will be back; in just a month we will head to Ironman Couer d'Alene with Linsey and Meredith. A similar fate hit **James Cotter**, with sickness forcing him down *continued on page two:*

Quick Tips! Some of the things we believe in!

powered by purplepatch

PRESIDIO Sport & Medicine **Train Healthy:** Get you full fitness evaluation and avoid injuries *before* they happen! www.presidiosport.com

TRX **Train your core:** If you join **run2become** (www.run2become.com) you get unlimited TRX classes for an amazing deal.

VELO **Train for results:** Be coached by Matt Dixon twice per week! Email matt@dixon@purplepatchfitness.com for details.

RunSafe **Train smart:** Work with UCSF sports Medicine to gain insight into your running biomechanics. SmithJo@orthosurg.ucsf.edu



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THE PURPLEPATCH NEWSLETTER

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purplepatch professionals - UPDATE

the order at Wildflower. He has a chance to make up for it at Rev 3 and Eagleman Half Ironmans on back-to-back weekends in June.

Andrew Yoder is a story of change, evolution and learning. At just 20 years old, the purplepatch 'baby-faced assassin' joined the Trek/K-Swiss professional team, with some of the leading athletes in the world, and took his training to a new level. He began brightly with a great 4th overall finish at Miami International Triathlon in March. He has had a couple of rough spots in the last weeks, but it does not dampen his enthusiasm, talent or potential to have a breakout season. He stuck with it and come out this weekend with his first professional victory at the prestigious Columbia Triathlon. A great performance after dealing with some adversity, Andrew is now ready for a great 2010. **Rob Johnson** continues performing strongly while based out of the UK. He'll make his 2010 racing debut in June, when he joins the rest of the crew at Ironman Coeur d'Alene. Rob's big weapon is his run, with consistent sub-3 hours marathons in Ironman races, but with his much improved cycling, he has the chance to make a really big dent in the finishing order.

The last, but certainly not least, I'd like to formally welcome **Luke Bell** to the purplepatch family. Luke is one of the biggest names in the sport with a rich pedigree in Ironman and half-Ironman distance racing. He has endured a few tough years with injuries and results under what his talent deserves. It is my job to find the solution to his performance dilemma, and it all begins in just a few weeks at Ironman Japan. We have spent a lot of time evaluating his training, nutrition habit, lifestyle and strength/mobility. I really believe that we can get some fantastic results in the remainder of 2010, and set him up for his best triathlon results in years to come. This is the really fun part - the problem solving! I think Luke is going to shine in 2010. I will also keep you up to date with the latest news at the [website](http://www.purplepatch.com) and on [twitter](https://twitter.com/purplepatchfit) (www.twitter.com/purplepatchfit)

Faces of purplepatch. A monthly profile of the people who are purplepatch

name: Scott Robertson **age:** 30
what should we know?:

personal - Grew up in Tahoe and after going to college in Los Angeles moved to San Francisco in 2004. Recently took on new strategy and business development role at DuPont Agricultural Biotechnology coming from the world of healthcare venture capital and healthcare investment banking.

athletic - Primary sport growing up was ski racing. Also played golf competitively and spent time mountain biking and mountaineering. Avid surfer beginning in college until starting into cycling and triathlon.

how are you part of purplepatch?: Introduced to PurplePatch by fellow triathletes via Matt's weekly social run. The weekly run became a source of quality knowledge for me and led into working with Matt to go faster while staying fresh and injury free. Run2Become and VeloSF are now critical components of my training.

How has purplepatch helped?: After being plagued by running injuries my first two years in triathlon, this year to date I am healthy and performing better all while stepping up to longer distance races. Through Run2Become my running form has improved dramatically and allowed me to run faster, more frequently and with much less wear and tear. This run progress and the efficient sessions at VeloSF have permeated my program. I am feeling fresh and healthy after two half-ironmans so far in 2010 including an age-group podium result at Wildflower long.



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purplepatch - in brief

Chris Lieto goes against the pro cyclists This month is the Amgen Tour of California, one of the biggest races in the world of cycling with racers including Lance Armstrong, Levi Leipheimer and Fabian Cancellara. This Saturday is the Time Trial event in downtown LA, and a special guest racer at the 22-mile TT will be purplepatch professional Chris Lieto. Before Lance Armstrong crashed out of the race on Thursday, this was tagged as Chris's chance to get revenge following their early season 'twitter-TT' in Kona. ! Check out the story http://www.slowlitch.com/Interview/Lance_Armstrong_vs_Chris_Lieto_2_1344.html

Luke Bell Press Release - Catch up on the latest official news of Luke joining purplepatch http://xtri.com/features_display.aspx?riIDReport=6477&CAT=24&xref=xx

VeloSF Welcomes Kate Ligler - special social event WEDNESDAY MAY 26th New General Manager of VeloSF, Kate Ligler, began this week; they are lucky to have such an established person guiding the way. There will be an open social at the center with drinks, food and a fun couple of hours of activities *next* Wednesday at 5.30 pm. 747 Front Street.

More details at www.velosf.com, purplepatch.com

run2become

Ever wondered if your running technique is good? Come and find out at a special free running technique session coached by Matt Dixon. **Tuesday May 25th at 6.30 p.m.** in Golden Gate Park. For more details email Willow@run2become.com

www.purplepatchfitness.com