

LoneStar Multi-SportsSM



Training and Racing With An Attitude....

You DON'T Want to Miss This Event !!!!!

SATURDAY, March 31st – “BOB BYARD’S UNSANCTIONED, UNAUTHORIZED, NO LIABILITY, NO COST, NO T-SHIRT, 18th ANNUAL, "LONG-COURSE-WORKOUT-FOR-HIS-BENEFIT-MORE-THAN-YOURS” TRAINING EVENT !

I'm setting up a three-part triathlon"ish" workout on **March 31st at Boerne Lake** as an opportunity for you to see where you're at in your training AND what needs more, specific focus as you prepare for 2018 racing, It'll be a good "key workout" if you are doing some important races in the coming months, i.e., IM Texas 70.3 Galveston, IM Texas Woodlands and/or CapTex in Austin..

If the water is cold, wear a wetsuit and/or swim faster!! I plan to **start the swim (.5 or 1 mile) at 9:00 am in Boerne Lake**; I'll try to have boat support, but no promises - - you can swim across the lake and back which is about 1 mile or swim to the point off to the right of the boat ramp and back and that's about 1/2 mile. Next, **the bike portion (25 or 50 miles) begins at 10:00 am**; I'll set up a double loop course from the lake towards Comfort (maybe use Britton's Small Texan course maps)- - do one loop (about 25 miles) or two (maybe 50 miles). **The run (5, 7 or 10 miles) is last and starts at 2:00 pm**; there's dirt and paved routes that go around the left side of the lake and out from and back to the park's main entrance - - you can do one or two loops of the distance you choose. I'll have maps for all the routes at the beginning of each event. There may be an entry fee to get into the park by the City at the entrance -- that's the only "entry fee" you'll have!

You can do one, two or all three workouts - - it's your choice; the boat ramp area at Boerne Lake is the official transition/starting/finishing/point-and-laugh area. Now you know when each sport starts (9:00, 10:00, and 2:00) so you just choose what you want to do AND how far you want to go: .5 or 1 mile swim, 25 or 50 mile bike, and/or 5, 7 or 10 mile run; you pick. Simple, huh?

I'm sure you would enjoy some company during the workout - - if not just someone in the boat ramp area to encourage you during this dumb training event or someone to do a portion of the workout(s) with you. And, yeah, it's a draft-legal day!! Check www.lonestarmultisports.com for updates and more details (directions, etc.). This is a no stress, good training, have fun, stupid event. Anyone interested? I know there are other crazies out there that just as #@ (*^&!)+ as me.

It's on Saturday, March 31st, and starts at 9am, 10am, and 2pm. There aren't any trophies, but I'll supply some chunky peanut butter and blueberry preserve sandwiches for anyone still there when I finish..... Let's train smart, stay safe, and have some fun. ☺