

TRAINING / Triathlons

From Page 1B

"Triathlons just by nature are very demanding sports," said Dr. David Geier. Unlike football or soccer players, triathletes don't suffer acute injuries.

In his experience, most of triathlete injuries are the result of running. "But bikers get a lot weird aches and pains too," Geier said. "The nice thing about cycling is it's not an impact activity." There can be muscle soreness and some knee pain, but practitioners don't have the long-term pain that runners do. The one facet of the triathlon which he doesn't see many injuries from is swimming.

For older women it becomes more important for them to listen carefully to what their bodies are telling them and to make sure to take preventive steps. Women in their 40s and 50s, who are in or near menopause, need to take particular care because of the changes which hormone fluctuations bring about, he said.

If their caloric intake isn't high enough, they can suffer stress fractures in their bones so it's particularly important for these women to make sure their dietary needs are met, that they're getting sufficient quantities of calcium and vitamin D, and that they have annual bone density scans.

Younger women are not immune. Stress fractures and bone weakness are also common in high school athletes and young adult women.

"One of my friends is a triathlon-slash-kind-of-do-all these extreme sports, but she's on her third or fourth stress fracture of her foot, and she's 25," Geier said.

Protecting your body applies to the time just before an event, too. Three to seven days beforehand, Geier said, reduce training. That doesn't mean stop. It means substituting light jogs for a long run. A week of relative rest will not affect your performance, he said.

"I take care of a professional soccer team, and it's amazing

to watch how quickly the 22- to 25-year-olds recover from a match that goes well into overtime compared to the guys that are 35. ... We rest our older players ... where the younger guys train every day."

If your body just isn't recovering, however, if that ache or pain is affecting your performance or you're compensating for the pain, it may be time to seek help. "You know there's very little downside in going to see an orthopedic surgeon or primary care doctor that specializes in sports medicine just to make sure it's not something bad," he said, "because there are things that you sit on for four, six months all of a sudden become a big problem."

Older women need to be careful about overtraining, said Dr. Scott Dresden. There are three typical symptoms.

If your pulse is elevated when you wake in the morning, if you have excessive fatigue, or if you develop pain which isn't better after rest, you're overtraining.

Younger women, those with no experience of endurance races, need to be careful about pushing their limits too quickly, Dresden said. They think they can run 3 miles the first week, 6 the second, whereas the more experienced athlete realizes that an increase of 10 percent per week is more realistic.

Other people should also consult a physician before they train, he said.

These are people with diabetes who will need to watch their blood sugar carefully and whose medication may need adjusting because of the rigorous exercise, people with high blood pressure, women who are pregnant, and anyone with a chronic illness whose medication will be effected by sweating or dehydration. All such people are among those who could benefit the most from participation in a triathlon and its training, he said, and they can participate safely if they learn to be careful.



Summer Vegetable Fried Rice. Fried rice is a very budget friendly and adaptable side or entree. This fried rice uses peanut oil for frying which gives a nice nutty flavor to the dish.

LARRY CROWE
Associated Press

Vegetable fried rice makes the most of summer

BY JIM ROMANOFF
For The Associated Press

By design, fried rice is a frugal cook's dream.

Cold (as in leftover) cooked rice is stir-fried with bits of cooked meat or seafood (also leftovers), a mishmash of vegetables (whatever is seasonal or on hand) and usually a few scrambled eggs.

There are no set rules to preparing this dish except that it is important to start with cold or at least room temperature rice. Freshly steamed rice will be too wet, causing the grains to stick together and the results to be lumpy and dense.

Most varieties of rice will work, but long grain white, jasmine and basmati varieties are best. Because these rices aren't particularly sticky, they produce a pleasantly fluffy fried rice.

Brown rice will work, but stick with long grain varieties; short grain brown rice tends to be stickier.

The technique is simple: If you are including eggs, start by scrambling them in some oil, then set them aside. Next, add more oil and stir-fry

(cook, stirring constantly) any aromatics, such as onions, garlic and ginger.

Add the cooked meat and vegetables and stir-fry until the vegetables begin to soften. Then, add the cold rice and cook, stirring constantly, until heated through. Finally add the eggs, toss, and season with salt or soy sauce.

It's helpful to cut all of your cooked meat and vegetables into uniform sizes so they will cook consistently.

This recipe for takes advantage of the low cost and high quality of seasonal produce such as zucchini, yellow squash and red bell peppers. The dish will easily feed a family of four with plenty of leftovers and costs just over \$1 per serving.

For a vegetarian version, leave the meat out and increase the number of eggs or add some diced smoked tofu.

The recipe calls for using peanut oil for frying, which adds a great nutty flavor and performs well over high heat. Canola or vegetable oil will work fine, as well.

If you have it, a few drops of sesame oil adds nice flavor. To give the fried rice a spicy kick,

add some crushed red pepper while cooking the onions and garlic, or add a few dashes of hot oil or hot sauce at the end.

Summer Vegetable Fried Rice

Start to finish: 30 minutes
Servings: 6 to 8

- 2 tablespoons peanut oil
- 5 large eggs, beaten
- 1 medium yellow onion, coarsely chopped
- 1 tablespoon minced garlic
- 1 medium zucchini, cut into 1/2-inch dice
- 1 medium yellow squash, cut into 1/2-inch dice
- 1 red bell pepper, stemmed and diced
- 1 bunch scallions, chopped
- 1 1/2 cups finely diced Canadian bacon or ham

4 cups cold, cooked long-grain white rice
3 tablespoons soy sauce, or to taste

In a large nonstick skillet or wok, heat 1 tablespoon of the oil over high heat. Add eggs and cook, stirring, until scrambled. Transfer to a plate and set aside.

Add the remaining tablespoon oil to pan. Add the onion and cook, stirring constantly, until it begins to soften, about 2 minutes. Add the garlic and cook, stirring constantly, 1 minute.

Add the zucchini, squash, pepper, scallions and Canadian bacon. Cook, stirring constantly, until the vegetables begin to soften, about 5 minutes.

Add the rice and cook, stirring constantly, until the rice is heated through, 3 to 5 minutes. Add the reserved eggs and soy sauce. Toss well, breaking up the eggs, until heated through, about 2 minutes. Serve immediately.

Nutrition information per serving: 281 calories; 101 calories from fat; 11 g fat (3 g saturated; 0 g trans fats); 185 mg cholesterol; 28 g carbohydrate; 17 g protein; 2 g fiber; 419 mg sodium.



Photo by: Charla Davis

The Journal Times in Partnership with YAHOO! hotjobs

Classified

announcements ♦ merchandise ♦ jobs ♦ transportation ♦ real estate

To place a classified ad, call 262-634-3331 or go online to www.journaltimes.com

The vehicle you want. Right now.



When you want to find a vehicle — and *not* just any vehicle — but the right vehicle, go to www.journaltimes.com/wheels

You'll have access to LOCAL new and used cars, trucks, vans and SUVs.

The site is easy to use and could save you money!

You'll also find great links to information on how to sell the car you have, and research on the car you want. **Right now.**

www.journaltimes.com/wheels

The Journal Times
MAKE A CONNECTION

MONUMENTS/CEMETERIES

WEST LAWN - 2 lots, section M, \$975 both. Call 262-639-4426

WEST LAWN MEMORIAL Lawn Crypt Pkg.

Includes:
* Grave space for 2
* Bronze companion marker for 2
* Burial vault for 2
* Interment fees for 2
Call for details 554-6301

SPECIAL NOTICES

JL STORAGE

These storage units have unpaid bills. If not paid by July 11, 2008. Unit 33, 35, 51, 55, 56, 57, 124, 125, 229 and 232. Your items will be disposed of 681-6015.

LOST & FOUND

FOUND: Pug mix, little black & white dog, brown collar, rope leash, Franksville area, 554-6699

LOST: black & white cat, Gilson St. area, Call 262-989-1984

LOST: DIAMOND RING, within last 3 1/2 weeks. Reward. 262-902-4122

FREEBIES

FREE FOR THE HAULING, 2 grapefruit trees in pots to a good home w/sun room for winter. 262-639-6972

RUMMAGE-NORTH SIDE

OAKWOOD DR. - 3522 Georgetown Sub. TODAY

HUGE SALE

RUMMAGE-WEST SIDE

HUGE SALE

misc., clothing, TV's, lots of goodies, Thur. Jul 10, 8-3, Heritage Heights, Between Newman & Emmertsen N of Spring St. PRAIRIE DR. - 1226 Thur. Fri., Sat., 8-4, furniture, clothing, beer signs, tools & lots lots more

MISCELLANEOUS

6 PERSON HOTTUB w/30 jets, like new, \$2250, 886-5447

CADENCE DX 9, tread mill, \$120 262-554-1107

MISCELLANEOUS

AUTO BIKES - new, 1 still in box. (No shifting required) N.side 633-3336 \$50 ea. or 2/\$80

GLIDING chair with ottoman \$40, dresser \$175., juicer \$30, dehydrator \$30, Bowflex XT, \$200, hammock \$25., Entertainment center, 639-3338

Rec room start kit. Wife states no more space. 2 Classic upright coin arcade games. Pole Position and Excite Bike. Nice foosball table. Sold as set. \$1200.00, call 262-639-1812

FURNITURE

2 antique Jenny Lind twin beds, with almost new mattresses will sell separately \$300. 262-632-3616

5 PC SOFA, sectional has 2 recliners and sofa sleeper, \$300 or best offer. 262-945-3072.

BED, chest, end tables,

bookshelf, china cabinet, coffee tables, curio, lots more! 262-554-6495

COUCH & LOVESEAT, cream color, Berber type material, clean, \$50. 262-498-9956

COUNTRY STYLE, solid oak, deluxe entertainment center, \$250 or best offer 262-498-9631

Dark green leather-like sofa & love seat good condition, \$200 or best offer. Alloc laminate flooring 500 sq ft - Make Offer. Call 262-634-8187.

MATCHING table and hutch. Magic Chef range, kitchen cart, cream iron headboard with frame. Great condition! Call 262-620-0746