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**TOP TRAINING GOTCHAS**

All athletes want to improve their performance. The biggest improvements come from eliminating mistakes or gotchas. Naturally, some mistakes are more costly than others, so when we sorted through our list of training gotchas, we selected the ones you'd want to avoid the most.

1. **Avoiding your weakest discipline too much** – simply put, the better you are at something, the more you like it. So it's natural to work more on your strengths than your weaknesses. Let your strengths take care of themselves and turn your weaknesses into more strengths.
2. **Downplaying Core strength training** – by Core, we mean muscles that support your body, not just those dominated by the three tri-disciplines. You may not know it, but you're calling on these muscles all the time, particularly when you're tired. Your stomach, back, hips and glutes in particular, play a huge role in triathlons. And don't forget stretching these and your other most used muscles. A strong Core and flexible muscles plays a huge role in avoiding injury.
3. **Increasing training volume too quickly** – as your training increases, so will your results. But, avoid letting your confidence get the best of you. If you add volume increases too fast, you dramatically increase your risk of injury. Depending on your fitness level, goals and past experience, many folks go by the "no more than 10%" rule. Don't increase your weekly volume or specific workout length by more than 10% from the previous week.
4. **Underestimating the value of Recovery time** - recovery is as much about monitoring your fatigue as it is about doing things to overcome it. You have to give your body a chance to adapt to the training loads before their effects are felt. Being overtired and carrying fatigue from one session to another can be very detrimental. A hard swim requires recovery just like a hard run. Avoid overtraining & injuries by building in recovery weeks and by being smart about how you combine your workouts each week in between.
5. **Shutting it down too much from October thru January** – if you believe in the "10% incremental build" approach discussed above, then don't you have to start your training early at a good level to reach your goals in time? E.g. My goal is to run 7 miles at a certain pace and my race is in 9-weeks. I would have to start at 3.3 miles to reach the goal using 10% increments.
6. **"I'm burning so many calories training, I can eat whatever I want"** – what you eat today equals how you feel training tomorrow. You don't have to eat bean sprouts and tofu everyday to become a good triathlete, but you shouldn't have dessert every night either. Be smart and think moderation and remember you're building a triathlon *lifestyle* while training too – nutrition habits that can benefit

## TABOO TOPICS FOR TRIATHLETES

### Bike pants over or under long pants?

It's great to finally get outside on the bike but on many days it's still too chilly to ride with just bike shorts. So, if I want to wear my long running pants too, which pants should go on 1st?

*Answer* - bike pants go on underneath the long pants. Why? The chamois in the bike pants is on the inside for a very good reason - to pad and protect your vitals and to wick away moisture too. Plus, if you get too hot during a ride and want to take off the long pants, you can do so right on main street.

## MAX IS ON FACEBOOK

For all you Facebook users- Max Performance has started a Facebook group to keep you up to date on races and info! The page is updated weekly. Get to know your fellow triathletes and learn some new tri tips!

[Click Here](#) to check it out!

## TRI LINGO

### Junk, Waste

Have you ever heard that "you need to jog, spin easy, swim lightly, get a massage, etc. to get the junk out of you." In contrast to the "too much junk in the trunk" cliché, this tri-lingo phrase pertains to metabolic waste that accumulates from long

you the rest of your life.

7. **Racing at your training speed** – triathlon is an endurance sport but it's also a race. It's so easy to train your body to race at the same pace as your training rate. So, build some speed work in your training to break the mold, get you accustomed to a faster pace and to exercise different muscles you'll call upon on race day.
8. **Setting the bar too high** – it's easy to let your competitive fervor get the best of you. Hey, I don't like getting passed by a "calf with a larger # than mine" either. But not everyone has the same athletic ability, level of fitness, or free time. Furthermore, many people have spent most of their competitive years involved in team sports prior to triathlon, so racing as an individual is new all together. Train hard but be practical with your goals. As your experience increases and hopefully your enjoyment for the sport, change your goals accordingly.

## MAX LAUNCHES 'HOW TO' VIDEO SERIES ON YOUTUBE



In response to numerous requests for more information on certain tri-topics, we elected to go the "show me" route by producing a bunch of 2-3 minute video clips. The topics are simply more easily understood via video then via text.

Here is the current list up on our YouTube account for your viewing at [www.youtube.com/user/maxperformancetri](http://www.youtube.com/user/maxperformancetri)

- Core Exercises for Home or Gym
- Season Opener Bike Course Tour
- Setting up Transition and racking your bike
- Where do my race #s go?

Coming soon will be:

- 3 Key Aspects to your Bike Setup
- Strength Training to Improve the Swim
- Exercises to Increase Run and Bike Strength
- Mass State and Sharon Bike Courses

## COMFORT = SPEED ON THE BIKE

*How to increase your comfort while hammering on the bike .*

Physical discomfort occurs enough during a triathlon since we push ourselves to do well. Discomfort also occurs because of bad habits and other 'bike-riding traps' we fall into without knowing it. Here are a few tips to help make every ride more comfortable and *faster*.

1. **Warm up/Cool down** - it's easy to "jump right to it" and/or

and/or hard workouts, i.e. excessive amounts of water, electrolytes, minerals that should be eliminated in order to maintain physiological equilibrium of many body systems. Waste removal also makes room for the blood to flow with more nutrients and oxygen to speed muscle recovery.

## NOW THAT'S A TRIATHLETE!

"I knew what to expect on my first outside bike ride of the year when I kept hearing the heat kick on in my house while pumping up my tires."

## GREAT TRAINING SONGS

What makes them great? They either psych you up or simply make you feel good! [Please don't wear headphones when you ride outside though!]

- "Fergalicious" by Fergie
- "U and Ur Hand" by Pink
- "Blitzkrieg Bop" by the Ramones
- "Sell Out" by Reel Big Fish
- "Only the Young" by Journey
- "Teenagers" by My Chemical Romance
- "Poker Face" by Lady Gaga
- "Keep Your Hands to Yourself" by Georgia Satellites

finish hard during bike rides. But adequate warm-up and cool-down will go a long way in minimizing muscle soreness and in improving recovery.

2. **Lubrication** – rub any part of your body enough and it gets sore (bummer). So, applying a good lubricant (just ask your bike shop for their 'butt-butter products') before a long ride will do wonders. You can apply directly to skin or on the chamois of your bike pants (pants are another great investment) to ensure a comfortable ride and post-ride feeling.
3. **Neck pain** – my nemesis can be eluded by changing positions while you ride, reminding yourself to relax your shoulders, and by "sitting/standing tall" during the ride.
4. **Numb Hands** - to keep your hands from going numb, wear gloves during a ride or make sure your handle bars have a thick bar wrap. And, change your grip often enough to never completely fatigue any specific set of muscles.
5. **Sunglasses** – your facial muscles get tired and tension headaches can occur from squinting. The sun, wind, bugs, road dust, etc., all cause squinting and be alleviated with a good pair of glasses. Same goes for the run.
6. **Back ache** – there are numerous reasons for this but the good news is that most can be lessened through modest stretching, a proper bike fit, more core exercises and an awesome chiropractor.
7. **Dead feet** – this often occurs from poor circulation. So, changing your pedaling technique (pushing down, pulling up, standing up, increasing RPMs, etc.) and buying very comfortable bike shoes will keep your feet alive.



## TRI DOC ADVICE: ARE YOU INJURED OR JUST SORE?

Hey, call me a wimp but I seem to be asking myself this question all the time lately. Everyone hurts to some degree during exercise and some pain is the price you pay for working out and improving your performance. But it is important to distinguish between *good pain* - the type that's part of the muscle strengthening process and *bad pain* - the kind that maybe an injury.

### What is muscle soreness?

The process of strengthening muscle tissue is like urban renewal. You tear down, then rebuild. But why do the muscles get sore? The soreness is a result of the teardown process – good pain. When the muscle repairs and rebuilds itself, it comes back bigger and stronger. But if you tear down too much, you won't have anything to rebuild. This is the process of overuse and the major cause of most injuries.

Stiff and sore muscles that occur 4 - 48 hours after exercise comes with the territory; especially when you've picked up your intensity. If you feel great during the workout, but the next day or two you're feeling sore, don't let mild soreness stop you from exercising. Instead, warm-up, stretch your muscles thoroughly and lighten the intensity of your workout. Train, don't strain.

## SUPPORTING CHARITIES

We hand picked a few to support their [causes](#) and allow participants to do the same. Hope you do!  
Rosie's Place

Prostate Cancer Foundation

Local YMCAs

Team Hole in the Wall

Souls 4 Soles

## MAX PRAISE

"Wow! Simply put, phenomenal race. You guys had amazing organization, picked a great site - challenging but not crazy. And, the vendor tents, raffles and food were awesome. Even the T-shirts were first class. I've already told all my friends about you guys."

-Denise

## OFFICIAL SPONSORS

[B&S Fitness](#)

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[Clark Community YMCA](#)

[Hammer Nutrition](#)

[Lock Laces](#)

[Old Colony YMCA](#)

If the pain doesn't go away after you're warmed up, cut back on your workout and make it an easy day. Or exercise a different muscle group. If the pain increases after your warm-up, stop exercising and treat the injured area with RICE (rest, ice, compression, elevation).

### Bad Pain

Bad pain frequently originates from tendons. Tendons are fibrous tissue that fastens muscle to bone. Sore muscles are part of the muscle-strengthening process, but sore tendons aren't. There's a fine line between the two types of pain. Tendinitis is inflammation of the tendon and is much more difficult to heal than a sore muscle.

Tendinitis usually develops closer to joints than does muscle pain. The pain is typically sharp, burning and/or localized near the joint. Tendons that commonly become inflamed are in the Heel (Achilles), above the kneecap (Patellar), the side of the knee stretching to the hip (Iliotibial) and the shoulder (Rotator Cuff). These tendons can tear and require surgery to repair.

Bad pain also results from issues involving cartilage (joint cushion), ligament (bone-to-bone tissue) or bone itself (e.g. stress fracture). Suffice it to say that the pain is usually more acute and lasting. Always try ice, gentle stretching and anti-inflammatory medicine to reduce pain and inflammation. If pain persists, see a medical practitioner asap.

### Warning Signs

It's important to be mature about sports injuries and muscle soreness. It's much easier to heal minor issues than to heal serious ones. That means catching them in the early stages which requires maturity. Do seek immediate diagnosis from a medical practitioner in the following cases.

- Your pain does not go away in 12 to 48 hours after ice treatments, rest and gentle stretching
- Your pain is sharp
- Your pain is localized in the joint, not the muscles surrounding it
- Your pain limits your motion
- Your pain is accompanied by numbness, weakness or swelling in the joint

### Minimizing both Muscle Soreness and Injuries

So here's a few quick tips on how to stay healthy and minimize sore and painful body parts:

1. Stretch as part of your warm-up, and particularly cool-down, portions of each workout
2. Hold your stretches for at least 20-seconds
3. Try not to increase both the duration and intensity of your workout on the same day
4. Practice proper technique in all exercises, particularly equipment-related training
5. Do not exercise day-after-day with a pain that won't go away
6. Utilize professional muscle caretakers – coach, trainer, chiropractor, physical therapist

[Quad Multisport](#)

[Sage Chiropractic](#)

[Triathlete Sports](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

## HEART RATE MONITORS REVIEWED

Last month we covered the benefits of using a HRM and the general outlines of heart rate zones used by many triathletes. You might be a seasoned vet looking to upgrade your HRM from years past or possibly a newbie looking to figure out which HRM is best for me. Well, we've got you covered. Below is a guide of HRMs that are currently on the market, from more basic to some watches that can actually supervise your children (*they should given the hefty price tag!*) We talked with Triathletes to get their feedback on the HRMs below.



### Entry Level

Sure, you can get the \$45 HRM but it won't show you anything more than, well your HR. So here are some basic models to get you started.

- **Polar RS100:** \$119 - Polar's entry level watch for the runner and general fitness enthusiast features: HR displayed as BPM, % of maximum HR, Target HR Zone with visible and audible alarms, water resistant to 50m, a backlight, calorie expenditure and has a basic ability to connect to PC (although rudimentary). (Retail:)
  - Cons: Only allows you to store 1 file, so you if you want to look back at a previous workout, it's gone. Will display lap info, but doesn't record, no ability to add on a GPS or Foot Pods from Polar.
- **Timex IRONMAN Triathlon Heart Rate Monitor:** \$130 – Don't be fooled by other models from Timex that only give you 20 or 30 laps, the T5F001 provides 100 laps recall, 4 intervals, time in HR zone, average HR, max HR and water resistant to 50m. It's also compatible with Timex's GPS pod.
  - Cons: No calorie expenditure record, no ability to upload information to PC.

### A Bit More

- **Polar RS200SD:** \$249 - At the mid grade level, this HRM kicks it up a notch with a Foot Pod to track speed, distance and cadence while you're running, even if you're in the woods (GPS's downfall). It also tracks your last 16 workout sessions, and calculates the time spent in each training zone, plus your standard HR max/average.
  - Cons: Still uses a PC Uplink through sound card, which is spotty at best. It's also not compatible with Polar's Cycling sensors. Want more? Upgrade to the RS400SD for increased compatibility, but shell out \$369.
- **SUUNTO t4c:** \$239 - SUUNTO has been breaking onto the scene recently with their "real time" training effect and virtual coach. The t4c will display avg. HR in real time, 3 target HR zones, HR limit alarm, and provides a 15-workout history.
  - Cons: no foot pod included for speed and distance, face of the watch scratches easily, and the

“Training Effect” feature is not convincing for many triathletes.

### Crème de la Crème

- **Polar RS800CX Multi:** \$499 – This is Polar's top model and gives you most everything you need for an entire fitness program. Included is GPS sensor for speed/distance/pace, built in altimeter with ascent/descent, HR zone alarms, 99 workout memory, and the Polar ProTrainer 5 software allows you to map out routes and transfer to the watch. USB adapted for wireless data transmission from the watch is also included.
  - Cons: sophisticated software for PC has a learning curve, GPS sensor is separate unit, price tag - at 5 bills, you could put it toward a new set of wheels
- **Garmin Forerunner 305/405:** \$299/\$350 Garmin's 405 is highlighted with wireless ability to sync up to your PC automatically when it's in range! It's features are rich with customization of screen display, 1000 lap count, most any display of HR information the 405 has it. As with the 305, the GPS and watch are all one unit compared to other manufactures. Garmin used a simplistic approach with the 405 offering only 2 buttons and a bezel touch screen. Multisport Mode on the 305 allows you to press lap buttons and actually record how slow I am in Transition! You can't beat Garmin who has been the leader in GPS functionality for years.
  - Cons: The 405's Touch screen bezel - own worst enemy when wet, causing mis-tapping and it's difficult to use when running. Both the Garmin 305 & 4065 will not pick up a signal while swimming. Battery life for both 305/405 is approx 8 hours – so unless you're Craig Alexander, your IM times will never be recorded! Multisport Mode is only available on the 405.

Note: **Garmin's 310XT** won't be released till July '09. Pre-Review: This model is similar to the 305 in design, but you can actually pickup signals in the water! It's also touted to have increased battery life for all the IM out there. More info to follow!

## **BEGINNER'S CORNER: TRANSITIONING FROM PRE-SEASON INDOOR CYCLING TO RIDING OUTDOORS**

*Written By: Marsha Whitman, ACSM certified Personal Trainer™ and Head Coach Heart Zones Coaching*

Indoor cycling is an accepted way to develop and/or maintain cardiovascular fitness during the off season. The following tips will help you transition from indoor cycling to safe road riding.

### **Equipment**

First, make sure that your bike is in good



working condition. Find a reputable bike shop to help with the following.

- *Bike Tune-Up* – the best way to ensure that the tires, brakes and shifting mechanisms are functioning properly
- *Bike Fit* – proper fit is an important way to prevent injury
- *Tire Changing* – learn about the tools and procedure for changing a tire and be sure to practice
- *Accessories* – purchase essentials: proper fitting helmet, eye protection, tire changing tools, and water bottle or other means to hydrate

## **Skills**

Braking, shifting, cadence and rules of the road are several cycling skills not addressed in indoor cycling.

Start your first few rides in a parking lot. Practice riding in a straight line, shifting, braking, glancing over your left shoulder, and drinking your water bottle while holding your line. Drink with your left hand so the right hand is available for braking.

*Braking* is done using both brakes, typically apply the rear break first and then the front. The front brake delivers a lot of braking power so you want to get comfortable using it appropriately. Avoid “slamming” on the front brake because, if your speeds are high, you could flip. Always brake before turns on a descent and avoid hard braking during a turn.

*Shifting* should be smooth. Try to maintain a steady cadence of 90-100 rpms. Find a quiet road with rolling hills to practice shifting up and down. On the up hill climb, practice your timing: shift too early and you’ll loose momentum (spin out); shift too late and your cadence will drop too fast. If you need to stand, your body should be fairly steady while the bike rocks side to side. This is very different from a stationary bike where the bike doesn’t move and your body does.

*Rules of the road* should always be followed. Ride in the same direction as cars and stay as far right as possible. Stop at stop signs and red lights. Signal with your arms when turning or stopping. Make eye contact with drivers whenever possible to be sure they see you.

Safety is your first priority when sharing the road with cars.

## **Physical Transition**

Many indoor cycling classes incorporate skills that make the class fun, but don’t translate to better road cycling. Most road cycling is done in a seated position. Standing position is used to climb hills or to power past other riders. It’s not typical to “jump” in and out of the saddle repetitively so consider modifying your indoor cycling routine to include more saddle time. Incorporate jumps into 3<sup>rd</sup> position with plenty of resistance for at least 32 counts to help build power for up hills and passing. Regarding cadence, the fastest you should “spin” is 110rpms and the slowest is 60rpms. Eliminate “spinning” fast and start using more resistance to make 110rpms a very hard sprint effort.

For information regarding triathlon coaching and personal training, please contact: [marsha@whitmantraining.com](mailto:marsha@whitmantraining.com)

*Heart Zones Coaching Triathlon Training Team for Beginners in Attleboro, MA is kicking off on May 30<sup>th</sup> to train for the Mass State Triathlon on 7/26.*

## NEVER TOO LATE TO MENTION TRIATHLON ETIQUETTE



Hey, be proud of your new body and the fact that you're doing a sport that is still in the minority category for athletes! But, please also remember that it is a sport and with that should come courtesy and respect.

Here are some quick thoughts to ensure that we all have a nice day at the races.

1. **Play by the rules** – the important ones are posted on our site [here](#) - we also highlight some in the race-specific Athlete Packet that is emailed to every race participant.
2. **Don't be a bike rack hog** – we designed the custom made racks with space in mind, so if you alternate bike positions and put your gear to the right of your bike as you face it, you'll have plenty of room.
3. **Put your trash in receptacles** – since you're a triathlete with an extraordinary amount of energy, please dig deep enough to drop your garbage where it belongs. All our races are at State Parks where cleanliness is essential to Park and Mother Nature survival.
4. **Arrive with enough time to get settled** – a.k.a. causing last minute frenzies in the Transition Area because you arrived late is unfair to your fellow triathletes and to us and only accelerates race nervousness.
5. **Encourage others** – it feels good to pass other folks during a race but less so if you're the one being passed. Offering words of encouragement goes a long way towards great sportsmanship points and to making the day more rewarding for everyone.
6. **Volunteers are people too** – the race would not happen without them, yet we've heard too many stories about rude comments thrown their way by harried athletes. We do our best to train them but mistakes can happen and they do have a thankless job. So, please pass along a compliment to them now and then and discuss criticisms with a Max representative instead.
7. **The Transition Area requires order and control** – it's chaotic in there to say the least. Move quickly and safely in there and please pay attention to Max Reps. shouting out directions.
8. **Make sure your bike is in good working order** – *before* you arrive at the race. On-site mechanics can only help with unexpected and minor issues but anything last minute is generally risky anyway.

Thank you for your cooperation and courtesy in making the day more enjoyable for all.

## NUTRITION NEWS: 4 QUICK FIXES FOR TRIATHLETES

For so many endurance athletes, it's a struggle to fit in quality workouts, let alone sound nutrition habits. When you get busy and you just need a quick fix, here are a few ideas to keep you moving throughout your day. Subtract or add components to make the total intake suitable for you:

- **Afternoon Mix:** 1 medium navel orange, 1 stick low fat cheese (Frigo), ½ oz almonds (approx 12 kernels)

*Stat Line: calories: 210, protein: 12g, carbs: 21g, Fat: 9.5g*

- **Protein Punch:** 1 scoop protein powder whey, 1 cup milk, ½ cup frozen blueberries, ½ cup ice. Blended or mixed without the ice, you choose.

*Stat Line: calories: 260, protein: 32g, carbs: 26g, Fat: 3.5g*

- **Fruit & Yogurt:** 1 container (5.3 oz) low fat at plain Greek yogurt, 3 tbsp fruit and nut mix



*Stat Line: calories: 230, protein: 18, carbs: 23g, Fat: 6g*

- **Breakfast, Take 2:** 1 Slice whole-wheat toast, 1 tablespoon natural PB, 1 teaspoon honey, ½ Banana

*Stat Line: calories: 280, protein: 9g, carbs: 47g, Fat: 9.5g*

Combine foods for a balanced approach, incorporating fruit and protein into your healthful snacks. They'll help you power through your morning or afternoon and won't leave you feeling sluggish later in the day.

## RUNNERS AND TRIATHLETES BENEFIT FROM YASSO 800s

In recent years, there has been quite a bit of discussion within the running community of Yasso 800s. This is mainly talked about between marathoners, however many triathletes are also marathoners, so we wanted to investigate the buzz.

Yasso's 800's are named after lifelong runner and Runner's World contributor/race sponsorship developer, Bart Yasso. The theory behind the specific workout of 800 meters is as follows:

**Want to know your marathon finish time?** Run 800 meters to find out. Yasso 800s are interval workouts designed to reach a maximum of 10x800meters. Your average of those 10 intervals will give you roughly, a marathon finish time. (IE. Run 3:30 minutes for 800 meters, you will run a 3:30 marathon.)

When included in a Marathon training program, Yasso 800s begin a few months before your marathon event. The first week you start by completing 3-4 800s with a rest interval of the same length; (3:13 for 800, then 3:13 RI). On each subsequent week, you add

one more interval until reaching 10. Now you know how fast you'll finish the marathon!

There have been many athletes that swear by this method, which is also supported by contributors to Runner's World. But there are also critics. Some ask: Is running 800 meters really a good indicator of 26.2 miles of endurance running? Other coaches look at the 800-meter distance as too short of an effective interval workout in marathon training.

We'd like your input of first hand experiences. Tell us your marathon training and interval stories! Has Yasso 800s worked for you?

## MAX'S FEATURED RACE OF THE MONTH



### **New England Season Opener Duathlon & Triathlon May 10, 2008 Hopkinton State Park**

*Sprint Duathlon: 2 Mile Run, 15 Mile  
Bike, 3.1 Mile Run*  
*Sprint Triathlon: 1/4 Mile Swim, 15 Mile  
Bike, 3.1 Mile Run*

The NE Season Opener at Hopkinton State Park is the best kickoff race to the season. Your choice: Duathlon or Triathlon! The State Park is a beautiful location with tree lined park roads and a picturesque reservoir. The course travels through historic Southborough, Ashland and Hopkinton. Whether you compete in the Du or the Tri, this is an early season race not to be missed!

Last years race sold out and slots are filling out fast! Register soon to secure your spot! [Click Here](#) for more info and to register!

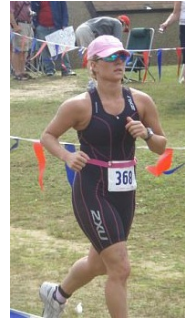
## TRIATHLETE SPOTLIGHT

### **ALEXISS WHEELER**

**Profile** – I am a firefighter/EMT in Wayland. I've been married for 2 years, no kids yet. We hike regularly with our dogs all over northern Vermont, central Mass and metro west.

**The "beginning"** - Last year was my first year competing in triathlons. A friend called me one night in February at work and asked if I wanted to do a triathlon with her. My first thought was why would I want to do that? By the next morning I couldn't wait to call her back to say I'd do it.

**Athletic Interests** - In the past I've enjoyed soccer, ice hockey and diving competitively in college. I played rugby for ten years and loved it.



**Triathlon Accomplishments** – Last year I competed in four sprint triathlons. It should have been 6 but I was hit by a car and didn't have a bike for one that I was registered for and the last one was canceled due to weather.

**Motivation** - I love feeling fit and striving towards a goal. My husband is also going to start competing in triathlons again so training will be a way to spend more time together.

**Goals for 2009** – I'd like to finish first in my age group. I also made a New Year's resolution to compete in an Olympic length triathlon this year.

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*Looking forward to the season! Best of Luck!*

*Be well,  
Tim Richmond, RD  
[Max Performance](#)  
617.797.2215*

## RACE WITH MAX TO WIN A QUINTANA ROO FRAMESET



&



Max's Official Bike Sponsor **Quintana Roo** and **Quad Multisport** are giving away a QR Lucero Lite Frameset at the end of the 2009 season!

**Here's how it works:** Race with Max and you are entered into the drawing. The more you race with us, the better your chances at winning this great frameset! At the end of the season, we'll randomly pick a winner.

*This is just another reason to join Max in 2009!*

## XTERRA WETSUIT RENTALS FOR MAX'S 2009 SEASON



### *Don't have a wetsuit for a 2009 tri?*

Rent one from Xterra! For just \$49 (plus shipping) you can rent an Xterra Wetsuit for an entire weekend! They offer an online sizing chart as well as a customer service rep to guide you through the fit and ordering process.

[Click Here](#) to check it out!

## 6TH ANNUAL SHARON TIMLIN MEMORIAL 5K RACE WALK & FAMILY FUN DAY!

**Saturday, June 20, 2009**

**9am- Noon**

**Hopkinton High School, Hopkinton, MA**

Max is proud to sponsor the 2009 Timlin Memorial 5K Race/Walk! Join us to help raise money to cure ALS (Lou Gehrig's Disease) All proceeds go to the Angel Fund, a volunteer, non-profit organization dedicated to supporting ALS Research at UMASS Medical Center.

The Race includes a high quality USATF Certified 5K course, professional chip timing, and a 1 mile Kid's Run.

**NEW FOR 2009: EARN YOUR WINGS AND JOIN THE ANGEL SPONSORSHIP CHALLENGE PROGRAM!!!**

Space is Limited! Register today at [www.sharontimlinrace.org](http://www.sharontimlinrace.org)!

## LOCK LACES DISCOUNT



**Lock Laces** are a patented "elastic lacing system" that is great for running, triathlons, playing sports and casual wear. With **Lock Laces** you never have to stop to retie your laces during any race or activity. **Lock Laces**

allow you to put your shoes on and take them off without tying or untying your shoelaces. Never worry about untied laces ever again!

For more information and to purchase, go to [www.locklaces.com](http://www.locklaces.com).

*Use Promo Code **MAX P** to receive \$1 off each pair*