

IN THIS ISSUE:

[How to Cope With Pre-Race Jitters](#)

[What to Wear?](#)

[Quick Taper Tips](#)

[Regular Folks Tri Training](#)

[Win a Free Race Entry Contest](#)

[Article Reprint: How to Achieve a Faster Bike Split](#)

[MythBusters: Wetsuits Are Just for Cold Water Triathlons](#)

[Tri Doc Advice: Several Small Things That Can Make a Big Difference In Your Training](#)

[Average Joe Tri Stories: We've Come a Long Way In This Crazy Sport](#)

[Nutrition News: Should We Be Avoiding White Foods?](#)

[Triathlete Spotlight: Anastasia Kaloyanides](#)

[Cold Water Swim- Make It Through With Success](#)

[Beginner's Corner: Heart Zones Coaching- 5 Tips On Beginning Your Triathlon Journey](#)

COLD WATER SWIM- MAKE IT THROUGH WITH SUCCESS

So it's finally time to start racing. You've done a few spring road races and maybe a Duathlon. This time of year marks the beginning of open water swims that are included in racing outdoors but without pool walls, lane lines, or 78' water temps.



Jumping into water that hovers around 60' isn't exactly the ideal circumstance, but it makes you more experienced and builds confidence for future races. So let's discuss a few really important tips that will help you get through a chilly swim portion with confidence and success.

- **Warm-up in the water** There's nothing worse than jumping into the water and being shocked at how cold it really is. By preparing your mind and body for the cold, you will be psychologically ready to start the race. Spend 5-10 minutes in the water doing some easy strokes, even if you're simply flopping around to get your body acclimated, this will certainly make a difference. Oh yeah, don't forget to stick your head in the water.
- **Brain Freeze** Diminish the obligatory "Ice Cream Headache" by wearing 2 swim caps on race day. Wearing a silicone swim cap under your colored race cap will give you added warmth. You can also buy a neoprene skull cap, worn under your race cap. It may take the first few minutes of your swim to get used to the sensation your head feels, but it will eventually fade and using extra caps will help.
- **Wetsuit, Wetsuit** Kinda' goes without saying that if you're swimming in water this cold, you should have a wetsuit, but some like to defy the masses. Unless you've swam the English Channel or grew up in Northern Maine swimming your whole life without a suit (we love Northern Maine :), then you will need a suit. Make sure you've worn the wetsuit BEFORE race day, tried it out and it's a good fit. Not too tight, not too loose.
- **Booties** Becoming more popular for your tootsies and completely legal by USAT standards, swim booties are permitted. We're not talking about professional grade scuba gear, but swim booties that are specifically designed for Triathlon Swims. These also protect your feet from getting sandy and cut when running on beaches or trails back to the transition area.

[Tri Lingo: Breathless](#)

[Max's Featured Race of the Month: Escape the Cape](#)

[Great Training Songs](#)

[Now That's a Triathlete!](#)

[Max Praise](#)

[Sponsor Promotions](#)

HOW TO COPE WITH PRE-RACE JITTERS

(and visits from the in-laws!)

Doing a triathlon for your first time or even your 20th time can be a nerve racking experience. Your pre-race jitters are most likely contributed to the fear of doing something unfamiliar and not often enough, so you worry about "failure" and embarrassment. So, here are some things to think about as you approach the 2010 season and your natural battle with nerves.

Attitude is key

The most important mental approach is to shoot for having fun! The way you think, perceive and carry your thoughts is crucial, i.e. "Attitude is everything." Mental toughness may be a trait inherited in different degrees and shaped by life experiences. But, it does simply come down to how you deal with being tired at some point(s) during the race. Everyone, from elites to newbies, will be tired during the race. So, know you're part of the crowd and try to be determined and physiologically strong.



Goals and expectations are at the heart of your nerves

Most new things we try end up getting compared to other new experiences. But how many "triathlon-like" experiences do you really have? So, try to focus on your goals more and in letting them help set your expectations. For example, newbies should consider setting their mind on doing the race purely for experience and fun, i.e. just finish. Overpower any apprehensive thoughts you are having at the moment with strong positive thoughts and images.

Use your endorphins

Likewise when racing, when negative thoughts try to tell you to slow down or quit – don't accept them. Remind yourself why you are doing this and tell yourself you are having fun no matter what. This will create a positive reaction in your body as endorphins, adrenalin and other useful hormones will make you feel much better. Negative thoughts can do the opposite. Consequently think positive, positive, and positive!!!

Visits from the in-laws

How many of us really like visits from the in-laws? You deal by setting low expectations and by focusing on "7PM isn't too far away." If you psych yourself out by the visit, the experience is bound to be dreadful. Similarly, with racing, when you psych myself up too much, you usually race poorly. A more cavalier "it doesn't matter where I finish" attitude may do wonders. The races where I joke around, stay relaxed and go into with minimum expectations, are usually the ones that I have the most fun and even surprise myself with. The majority of triathletes are inherently very competitive. So, once the race starts, we do our best anyway. Use this trait to let yourself relax more.

Coping skills

The same coping skills you use to deal with other life challenges, can be used for dealing with triathlons. Everyone has different coping skills, so tap into them to improve your frame of mind and reduce nervousness. We like to think of some of our favorite clichés too, e.g.

- Regardless of the race outcome, the sun will still come up

QUICK TAPER TIPS

A taper is when you cut back on your training 1-2 weeks prior to a race.

Usually, for Sprints and Olympic races, many age groupers do 30-40% of your average weekly training volume.

It's always a hot topic, but here are some good ones:

- Cut way back on your weekly volume (e.g. 4-%) 1 week prior to the race.
- Drink lots of water the week of a race.
- No need to overdue carbs the night before for a Sprint race.
- Eat lightly on race morning.
- Think stretch, sleep and recover.
- Get a good night sleep 2-*nights* before the race.
- View the race bike course route on the Max [YouTube](#) channel or do the course.
- Stick to what you know your body digests well the 3-days leading up to a race.
- You should not try to gain fitness at this point in your training cycle if you want to have a good race.

WHAT TO WEAR?

Generally most women wear a sports bra under a tri top. Some just wear a tri top that has a supportive enough inner bra to support the anatomy of a woman.

The Melbourne Bra by the brand Moving Comfort is a good one to "tri." [Title 9 catalog](#) on-line is a good resource for shopping for supportive, quick drying sports bras.

City Sports, Dick's Sporting Goods, and Thunder Sports might be a good place to try for the bra and tri top. Tri tops of variety are available at Fast Splits and Wheelworks also.

Hope this helps.

TRI LINGO

Breathless

It's the feeling you get when you put your head in 60-degree water the first time. It literally takes your breath away for a few seconds. So, do this before the actual race start so it's over when the starter horn sounds for your wave.

tomorrow.

- There are lots of people out there who have it much harder than me right now.
- I put this thought in my mind and I can remove it too.
- I will finish this race.
- I want the race picture I buy to have a smile on my face.

So, enjoy the magnificent experience by staying relaxed, happy and focusing on positive thoughts. This way you're bound to get or stay hooked on this cool sport and enjoy the journey.

BEGINNER'S CORNER: HEARTZONES COACHING- 5 TIPS ON BEGINNING YOUR TRIATHLON JOURNEY

So you signed up for the event and you wonder where to start your triathlon journey. There are a myriad of different things to think about when joining the sport of triathlon. We realize that it can be confusing and at some times frustrating. Below we provide some excellent resources for where to begin your journey into the fun world of triathlon.



1. **Join USA Triathlon (USAT)**: Most triathlons are USAT sanctioned, which means you must be a member in order to participate or purchase a one-day membership via the Race Director of your race for a small fee.

2. **Subscribe to a triathlon magazine**: There are a myriad of online and print resources available to the individual looking to get into the sport. Subscribing to these periodicals helps you keep abreast of events and trends happening in the sport. You will find training columns, equipment reviews and race calendars.

3. **Join a Club or Group**: Triathlon clubs are a great way to socialize and meet training partners. Joining a training group, like one ran by Heart Zones Coaching, are usually coached groups that give you a structured training program as well as training partners and full access to professionals to help you navigate the triathlon journey.

4. **Volunteer**: Whether you are assigned aid station duty, transition area security, or finish line cleanup, this is a great way to meet people in the race community, cheer others on, as well as get some motivation for your event. Also, giving back is important and rewarding.

5. **Set your sights on another Goal**: The fun doesn't have to end with your first Sprint or Olympic distance race. There are plenty of goals you can set your sights on.

Written by Shannon Porges- Heart Zones Certified Triathlon Coach and USA Triathlon Level 2 Coach who is based in West Bridgewater, MA.

NOW THAT'S A TRIATHLETE!

"My 14-year old daughter just did her first tri. Guess I'm pleased because she had a respectable time."

-Tri-father who needs to get a grip

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!]

- "Bleed It Out" by Linkin Park
- "Imma Be" by Black Eyed Peas
- "Block Rockin' Beats" by Chemical Brothers
- "Rockaway Beach" by the Ramones
- "Eenie Meenie" by Sean Kingston & Justin Beiber
- "Not Myself Tonight" by Christina Aguilera
- "Stylo" by Gorillaz
- "Cold Heart Bitch" by Jet

SUPPORTING CHARITIES

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

AVERAGE JOE TRI STORIES: WE'VE COME A LONG WAY IN THIS CRAZY SPORT

[We added this column because we realized we have lots of fun stories to share that average folks might like to read since they're Average Joes too]

In our never ending quest to simplify life, including the multisport life, we were laughing at the number of toys, gadgets, apparel choices, race types, etc. that triathlons provide nowadays. One of our RDs remembered his 1st tri:

"Triathlon sure has come a long way. When I completed my first triathlon on the south shore in the mid 80's, we laid our bikes down on the pavement....there were no bike racks. There were only 30-40 of us crazy enough to swim, bike, run, back then. Oh yeah, I did the entire race in jean shorts! A bunch didn't even wear goggles and there wasn't body glide back then either (ouch)! It's crazy to see how big the sport has become."

WIN A FREE RACE ENTRY CONTEST

The first person to correctly answer the following question wins a **free race entry** for one 2010 Max Performance race – your race choice (excluding the NE Season Opener). All questions are triathlon related of course. Just reply to this email with your guess.

Max Performance was named after a dog of one of the Race Directors. What type of dog is he?

Hint: They are such great swimmers that the San Francisco Giants use them to fetch home run balls that get knocked out of the park and into the bay.

March Winner:

Q: Which town/city has the most athletes participating in the SOLD OUT Season Opener Du/Tri?

A: Cambridge

Winner: Jodi Cutting

Please Note: We had many correct answers but Jodi was the first!



MYTHBUSTERS: WETSUITS ARE JUST FOR COLD WATER TRIATHLONS

Definitely Not!

There are many reasons to use a wetsuit throughout your race season, not just at cold water tris. We see more and more athletes wearing wetsuits when the water temperature isn't exactly chilly. Why? The most notable benefit is the buoyancy factor. The first time a new athlete swims with a wetsuit, the sensation is remarkable. You can feel your legs pull up out of the water – you feel like a motor boat rising out of the water at top speed!



Alzheimer's Association

St. Jude Children's
Research Hospital

Prostate Cancer Foundation

Local YMCAs

Souls 4 Soles

MAX PRAISE

"I wanted to thank you for giving me a FANTASTIC introduction to triathlons...it was so hard but so fun. The people were amazing - I am absolutely inspired to do more. I LOVED it, thanks so much."

-Erica S

SPONSORS

[Active Recovery Boston](#)

[B&S Fitness](#)

[Clark Community YMCA](#)

[Hammer Nutrition](#)

[iRunLikeAGirl](#)

[Old Colony YMCA](#)

[v3 Multisport](#)

[Triathlete Sports](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

Hey, wetsuits are tough to get into and out of though. And they can feel somewhat restrictive. So, there are some challenges to battle and here are a few tips to make your wetsuit experience more easier and user friendly.

Lubrication - Bodyglide, Vaseline, cooking spray are all good ways to keep your skin from chafing and also help you slide into and out of your wetsuit easier. Apply liberally in areas around your neck/underarms to prevent chafing and directly onto the wetsuit near your shins/calves. When you pull the wetsuit off – wallah! A whole lot easier!

Sleeves/Legs- When putting on your wetsuit, always pull the sleeves and legs all the way through. Pull the material up into your groin and into the underarms. Yes, wetsuits are meant to be tight and will feel somewhat constricting. This tip will make it incredibly easier to zipper the back up and allow for more freedom at the shoulders when swimming.

Practice T1 After finishing an open water swim, simulate race morning by getting out of your wetsuit with the clock running. Practice getting out of your wetsuit is a great way to gain experience and helps you identify problem areas BEFORE you 're actually racing! Take it up a notch: lay out your bike, shoes, helmet and practice everything.

Takeaway message- It's important to try these techniques prior to race day to identify pitfalls and make adjustments. Many triathletes feel the buoyancy benefits of wearing a wetsuit far outweigh the removal challenges, but some never get comfortable with them. Every person is different, so it's an individual decision. Regardless of your preferences on when to use a wetsuit, if you practice the above tips and you'll be more prepared for race day!

ARTICLE REPRINT: HOW TO ACHIEVE A FASTER BIKE SPLIT

Yes, you may have seen this before in our March 2008 issue. We received tons of requests for information similar to previous articles and realized you're too busy to scour through years worth of articles we have on our site. This column just captures popular articles to save you the time.

Want to increase your triathlon speed? Consider focusing more on the bike portion. Even though the bike represents about 50% of total race time, many triathletes take this portion for granted for numerous reasons; but not the ones that finish in the top of their age groups. In fact, greater efficiency on the bike also increases your running times since you'll have more in the tank when you get to T2.

So, we handpicked some of the better bicycling tips that are guaranteed to increase your bike splits.

- **Use variety in training-** long rides, hard gears, hills, interval sets, etc. Races are often a mix of these aspects, so make your training (gear shifting, muscle groups, breathing patterns) prepare you for common triathlon bike courses.
- **Do some hill training (big gears)-** most good tri-courses have at least one hill. And, hills build strong legs which naturally makes for faster cyclists. So, make hills a strength

through proper training

- **Practice out of the saddle techniques-** a few important tips can add huge gains here:
 - Don't lean too far forward over your handle bars and try not to sway much. It throws off power delivery and increases fatigue.
 - Don't lock your elbows – bad trap to fall in and can negatively affect aerodynamics, safety and power.
 - Breathe – you may actually have to remind yourself of this since you're focused on survival and not necessarily techniques.
- **Aerobic capacity is key-** why do you think spin classes have sets at 120+ RPMs? Many excellent cycling instructors and bike sets emphasize building your aerobic capacity through high spinning, Zone 4-5 efforts and “holding” a certain RPM or speed for a while. Good advice.
- **Practice higher RPMs-** force the muscles to remember nice, round pedal strokes and fast RPMs. Higher RPMs are directly proportional to pedaling efficiency, if done properly. Most pro cyclists race their entire race above 90 RPMs so let's follow their lead (albeit a smaller gear or two or three at which we do it).
- **Braking for speed?-** yes, safety and speed on descents and corners help you gain time. Think light; feather your brakes using 1-2 fingers, even when things look bad, don't lock them up or you're likely going down. Also, brake before a turn and keep your weight back.
- **3X per week-** if the bike portion of a tri is ½ the race, should your training be proportional? Want to get faster, get creative and add another bike set on most weeks and your ROI will be a faster bike split.

TRI DOC ADVICE: SEVERAL SMALL THINGS THAT CAN MAKE A BIG DIFFERENCE IN YOUR TRAINING

(all from the confines of your home)

No, this isn't an ad on how to “eat everything you want, yet still lose weight...” But there are some simple things you can do at home to increase your fitness level, reduce the risk of injury and improve your triathlon racing. All within the confines of a normal lifestyle spent at home, not the gym.

Sleep more

Take your sleep patterns a little more seriously. If you regularly get less than seven hours of sleep per night, try getting eight for one week and see the difference. Log your sleep too to see how it affects training and race performance. Once you experience the extra energy, you won't be so tempted to watch late night Sportscenter or Jimmy Fallon. Add a nap or two on weekends would help too. We define a nap as 30-45 minute snooze (a.k.a. N.A.P. - Natural Adaptation Process). It is the most basic and effective form of exercise recovery and it's practical.



Stretch way more

You can easily stretch while watching your favorite nightly program. Just get on the floor and work those tight spots out. You can easily incorporate a good routine that fits within the usual 30- minute TV show. In fact, also consider buying a “Stick” or “Foam Roller.” These cheap toys really break up tight muscles, lengthen your tendons and stretch out your muscles. Even a tennis ball rolled back and forth under your foot helps prevent common triathlete foot and leg injuries.

Get local therapy

Sure, we can take a hot bath at home but it won't work as well as professional body work. Go to your local massage therapist, chiropractor, physical therapist, or acupuncturist and get some fantastic body replenishment and rejuvenation done – you've earned it for staying in such good shape.

Use a Training Log

Track your progress and look over your progress. Hopefully you are using some form of tracking, either a web based program or a simple log on your computer at home. Either way, by logging your workouts, you are able to look back on what you did when and how much. This allows you to determine what was effective and what didn't work. Look for trends in your training. When did you have good workouts? Are there any trends or commonalities?

Track your recovery too. Take note of the time you spend stretching, doing yoga, or getting your therapies described above. We all know that recovery is the key to strong training and faster racing, so why not track it like we do our weekly distances or hours? A good training log will also include your nutritional intake

So, with very little effort you can take your training and performance to a new level. The key is to just get started and incorporate these tips into your daily routine. Try any one of the suggestions above and you'll definitely see the results for yourself.

REGULAR FOLKS TRI TRAINING

If you're already doing intense “Bricks, Interval training and double sessions,” this article isn't for you. These workouts make you more fit and faster but they're not for the average triathlete still getting use to wetsuits, endurance training and a completely different lifestyle associated with multisport life.

The tips below are for us regular folks who could use a little help tweaking and even building their training plans. If you do a good job with your training, you'll do a good job with your racing.

Build your fitness up over time

Concentrate on covering a certain distance during your workouts, not on going too fast. If you are not used to intense running workouts, you need to get used to running/jogging before your body will accept tough workouts.

Work on distance first, then on intensity

Build up the distance you want to cover and only after you are

comfortable with it, try and increase the intensity. At least when you start your running program, try to keep a pace that allows you to still be able to talk.



Wear proper clothes

Make sure you have a pair of comfortable and supportive running shoes (running, not tennis shoes). Check the weather when you're planning long workouts in particular, and dress and prepare accordingly.

Instead of trying hill repeats

Make your next run/walk be on a hilly terrain. After your confident with this, progress to trying a few hill repeats.

Know your race

Get an idea in advance about the kind of conditions you will face on race day, any hills on the bike? Pavement for the run? How do I get from swim to transition area? Etc. This will give you a chance to get comfortable and not be surprised.

Race distances

Make sure you can comfortably complete each of the three distances of your race comfortably. A good gauge is to build yourself up to 120% of the distance during a workout. For example, if the run segment is a 5-k, builds yourself up to a 4-mile run/walk in training.

Think comfortable transitions

Since you're main goals are having fun, finishing and getting very fit, there is no need to rush through the transitions. A big part of the difficulty of triathlon stands in the ability to switch your body between sports in a matter of seconds. Take your time out of the water to get your body used to standing again. Drink some fluids as you get ready for the bike. Same between biking and running. Take the time to do a few stretches and deep breaths before start running

Get support

Share your training with your family and friends. That way you'll enjoy the journey as much as the destination (race). Ask the Race Director for spectator viewing spots and explain the race to your support group before the race so they roughly know when they'll see you.

Use checklists

Shortest pencil outlasts the longest memory. Make a list of what to bring for the entire morning of the race, not just the race itself. In fact, we provide a good race checklist in your Athlete Packet.

NUTRITION NEWS: SHOULD WE BE AVOIDING WHITE FOODS?

Lately, we've been hearing from experts about how bad "white foods" are for you. But, before you begin celebrating by throwing out that cauliflower, we are mainly talking about white flour, sugar, salt, white rice, potatoes, and pasta.

What's the problem with white foods?

These types of foods are full of carbohydrates, some contain sugar and the type of carbs are usually complex carbohydrates. They aid the body in storing fat, disrupting digestion, and causing the accumulation of waste products in the body. These white foods also have a high glycemic index (the ranking system that measures how fast a food is likely to raise your blood sugar). In essence, they are

calorie-dense foods and your body will store them as fat if they aren't burned.

Now really what's the problem?

Sugar is basically bad because it disrupts your natural sugar levels and causes insulin levels to rise. Insulin feeds the muscles but excess insulin gets stored in fat cells. The average American consumes 2-3 lbs of sugar per week (30-lbs./year)! Compare that to about 100 years ago when the average American consumed 5- lbs of sugar in a year!



Potatoes are fine in moderation but should not be a major part of your diet. They have a high glycemic index and are usually accompanied with no-nos: butter, sour cream, salt, and milk (if mashed). This adds a ton more calories and fat to your diet. Most white flour, bread, pasta and rice have been refined and processed. They have been stripped of their nutrients and fiber and therefore, have little nutritional value.

Happy Alternatives

Thankfully there are many healthier options to helping you avoid white foods. Sweet potatoes are a tasty alternative to regular. Whole grain pasta and brown rice are becoming quite the common staple on grocery store shelves. Bread, on the other hand, can be a bit trickier. A lot of wheat bread out there is made with white flour and colored using brown food coloring. Most breads throw the phrase "whole grains" on their packages in prominent locations. But, when you read the label details, you find that only a small minority of the bread is actual whole grains, not the entire loaf. So, beat the misleading advertising by looking for bread that is 100% whole grain, oat or oat bran.

TRIATHLETE SPOTLIGHT

Anastasia Kaloyanides

Profile – I am a psychologist by day, Northeastern University Triathlon coach by night. I just finished 3 months of construction on my condo in Kenmore Square and my dog, Paco the Taco, and I can finally start living there soon...hopefully. I'm a Ph.D. but do not like to be referred to as doctor, I'll think you're talking to someone else.



The "beginning" – I got into the sport of triathlon in 2004 when I moved to Arizona for graduate school. I originally trained with Team in Training then later with the Arizona State University Triathlon team. I can't imagine my life now without triathlons. In the past 6 years I've competed in races in Arizona, California, Florida, Massachusetts, Hawaii and Mexico.

Athletic Interests – Other than triathlons my favorite sport is futbol, aka soccer. I live overseas often and love to attend games abroad; the energy is like nothing else you've ever experienced. I am a HUGE

New England sports fan as well, I support the Bruins, Patriots, Celtics, Revolution and of course the Sox. I even have a Sox tattoo that I got in 2003 when I thought they would make the World Series. I don't regret it one bit.

Triathlon Accomplishments – These days I consider crossing the finish line an accomplishment but finishing Ironman Arizona in 2007 is my biggest. Is there anything better than hearing “Anastasia, you are an Ironman”?! Although it's not triathlon related I also consider completing the swim from Alcatraz 5 times a great accomplishment. One of these days I will swim the English Channel...see you in France?

Motivation – I ask myself every time I finish a race, why do I do this to myself?! The answer is because I love it. I love the challenge, mental and physical, and because there's always room for improvement in your performance. It's also an amazing community to belong to, so supportive and encouraging at every turn.

Goals for 2010 – My goal for 2010 is to grow the sport through the NU Triathlon Team. I enjoy being an ambassador for the sport and educating motivated students about triathlons. I'm excited for the upcoming race season, my first here in Boston, because my students will be coming out in full force and some for the first time. Keep your eyes out for those Huskies because here we come!

Please share something fun about yourself- For my 18th birthday I got my first tattoo. I have since gotten one on every birthday. I just turned 30 in the beginning of April, I'm now up to lucky 13.

MAX'S FEATURED RACE OF THE MONTH



**Escape the Cape
Sprint Triathlon
Saturday June 12, 2010
Onset Village**

1/3 Mile Swim, 10 Mile Bike, 3.1 Mile Run

Max has added a 6th race to the series, after careful planning and consideration with the great community of Wareham and Onset Village. Located just "Off Cape" this Triathlon boasts scenic views of the water, without the hassle of Cape traffic and bridges. With the transition area located at Onset Pier, overlooking Onset Bay, the race setting is picturesque and an ideal location for a Triathlon.

If you're looking for a new venue by a proven RD - this inaugural race should not be missed!

Some highlights include:

- **Friday Night Pasta Party**- carb load and mingle with fellow triathletes the night before the race
- **Secluded bay point-to-point swim** - no buoy turns because we walk on the beach to the in-water start and swim 1-way back towards the transition area.
- **Creative finisher medals** - knowing they're waiting for you gives you a little extra push.
- **Picturesque Onset Bay** - the transition area, spectator viewing and post-race festivities are all located together at Onset Pier. Easy access for everyone and steps from town.
- **Post-race feast** - *free* to all participants and a nominal fee to guests. Celebrate your accomplishment with some good food, friends and music.
- **Giveaways galore** - the race has been embraced by lots of local businesses, so they're showing appreciation with great freebies (random race #s selected).
- **Location: Cape Cod without the Bridges** - we referred to Onset as a diamond in the rough since it's beautiful, quaint and full of great shops.. Oh yeah, it's just off the highway, so no traffic hassles too.
- **Saturday race** - gives you a nice recovery - family day on Sunday without the race on your mind. Come for the weekend and enjoy local restaurants, shops and inns. Wareham and Onset are ready to host Triathletes.
- **Vendor tents** - hand-picked vendors that triathletes always relate to.

[Click Here](#) for more info and to register!

Good luck with your 2010 Season!

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

GREAT DEALS ON XTERRA WETSUITS



Whether you want to rent or buy- you can't go wrong with these great deals from Xterra!

Now Max Athletes can get **\$10 off ANY wetsuit rental** and the following deals:

**Xterra Pro X Fullsuit: \$299 (regularly \$600!)
Vortex3 Fullsuit \$179 (regularly \$400!)**

Visit www.xterrawetsuits.com

Enter Code R-MAX at checkout for all offers.

Hurry! Offer Ends May 7th!

10% OFF AT TRIATHLETE SPORTS!



Triathlete Sports is one of the most comprehensive sources for swimming, biking, and running products. Whether you are an elite triathlete or a beginner looking to get your feet wet, Triathlete Sports can help you go the distance and reach your fitness goals.

Now get 10% off your total order!

Enter Code: MAXPROMO

www.triathletesports.com

SHARON TIMLIN MEMORIAL 5K ROAD RACE

Sharon Timlin Memorial 5k Road Race
To Benefit ALS research
June 19, 2010
Hopkinton High School
Hopkinton, MA

Wonderful family fun day after the race with activities for the kids, great BBQ and **Red Sox players!**
Race will sell out at 1800 participants!

More info: www.sharontimlinrace.org

GLEASON FAMILY YMCA 5K RACE

Gleason Family YMCA 5k Race
Saturday May 15, 2010
Onset Village
Wareham, MA

Proceeds from this race support Gleason Family YMCA's Annual support campaign to provide financial aid for those who can't afford membership, programs, and camp on their own.

Cash Prizes & Awards for Top 3 Overall Males and females: 1st prize \$150.00 2nd prize \$100.00 3rd prize \$75.00

Register Here: www.runreg.com/events/register.asp?EventID=2290