

IN THIS ISSUE:
(several NEW sections!)

[Final Holiday Tri Gear 2009](#)

[30% Off Max Apparel](#)

[Win a Free Race Entry Contest](#)

[Save the Date](#)

[Winter Is a Good Time for Strength Training- Without Equipment](#)

[Beginner's Corner: Fundamental Principles of Training Plan Development](#)

[Are You Pushing Too Hard During the Winter?](#)

[Make Winter Running Brrrrable](#)

[Kona Showdown 2010- Lance vs. Craig](#)

[Taboo Topic: Is Going Long Close to Race Day a Wise Move?](#)

[Triathlete Spotlight](#)

[Max 2010 Race Dates](#)

[Try Myth Busters: Abs Myths Busted](#)

[Nutrition News: Nutritional Needs for Each of the Three Sports](#)

[Tri Lingo: Burned Out](#)

[Bike Trainer Workout Example](#)

[Article Reprint: Can You Take It to the Next Level?](#)

[How Fit Are You? Go Back to](#)

WINTER IS A GOOD TIME FOR STRENGTH TRAINING- WITHOUT EQUIPMENT

(and not just your core)

We definitely consider strength training an important part of being fit and being a triathlete. We usually describe and promote exercises for your Core, but to mix things up, we've added a handful of good ones for your legs. Some of these use dumbbells and some use just your body weight (BTW - we're huge proponents of *all-natural* exercises):



1-Leg Squat

Balance yourself on 1-leg. The raised leg can be behind you or in front of you (harder). Lower yourself until your leg carrying your weight is parallel to the floor, keep your back straight. You may have to slightly hold onto something to get your balance.

Standing Lunge

With feet shoulder width apart and back straight, inhale as you extend one leg forward in a long stride. As you bend your front knee, your thigh and lower leg will form a right angle. Do not let the front knee extend over your ankle and foot and be sure to keep your back and neck straight. Before you exhale, pause briefly and press the front leg off the ground to return to the starting position.

Calf Raises

Stand on an elevated platform (e.g. a step). Place your feet shoulder width apart with your toes and balls of feet on the end of the platform and heel of your foot resting on the floor. Press the ball of your feet down as you raise your heel as high as possible. Slowly lower your heels until your calves are stretched but do not touch the heels to the ground during the exercise set. This exercise can be performed with both feet, or by alternating the right and left foot.

Squat – with Dumbbell

With your feet shoulder width apart and knees slightly bent, hold a dumbbell in each hand and put all of your body weight in the heel of the foot. While holding the dumbbells close to the body, inhale as you lower your butt to the floor. Be sure that your back is straight, you look forward and your knees do not extend over the toes. Once your thighs are parallel to the floor, exhale as you slowly rise to the starting position.



Squat – no dumbbell

Use the same form as above, just hold your stance at the bottom of the squat. Build yourself up to as long as your fitness level affords. You will make progress rapidly, so this can be a good motivator. (btw – I'm getting a little lightheaded at 2-minutes).

Side Lunge

Assume the lunge position above. Lower body by flexing knee and hip of lead leg, keeping knee pointed same direction of foot. Return to

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original standing position by forcibly extending hip and knee of lead leg. Repeat by alternating lunge with opposite leg.

Quad Circles

Set up on your hands and knees (i.e. all fours). Tuck your right knee to your chest and lift the leg out to the side of your hip (think dog and fire hydrant). Rotate it in a circle until your leg is tucked back into your chest. Reverse the motion, then repeat with the other leg.

Other comments

We also consider key stretching exercises to be strength building training since they help build muscle and flexibility, both of which, help reduce injuries. Also check out our strength training video series on our Facebook account at for additional exercises.

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. All questions are triathlon related of course. Just reply to this email with your guess.

Fill In The Blank:

On Average ___% of Max Racers each year fall into the beginner category.

Hint: Max defines beginners as a triathlete in their first YEAR racing.



November Winner:

Q: This sports-related professional does a great job at treating triathletes for tri-injuries such as runners knee, plantar fasciitis, rotator cuff tears and hip pointers?

A: Chiropractor

Winner: Lisa English

Please Note: We had many people with the correct answers but Lisa was the first person to respond!

MAX 2010 RACE DATES

Hope to see a lot of you in 2010!
Here are the dates:

5.9

NE Season Opener Duathlon &
Triathlon

7.18

Massachusetts State Triathlon

8.8

Sharon's Back Triathlon

9.12

Title 9 Women's Only Triathlon

9.26

Buzzard's Bay Triathlon

Mark your calendars- every race
sold out in 2009! Registration
will be coming sometime in
January!

SAVE THE DATE

Strong rumor has it that Max is
hosting a new triathlon on
6.13.10. It's a diamond in the
rough due to its beauty, close
proximity to everyone and
exciting course features. We'll
publish as soon as we receive
town approval, hopefully this
month.

FINAL HOLIDAY TRI GEAR 2009



iPhone Bike Mount

Use your iPhone while out on the bike to keep your phone stable. Basic apps will help guide you to track performance, speed and distance. \$23.99
<http://www.mapmyfitness.com/shop/ibikemount-iphone-bike.html>

B.iCycle Application: The Cyclometer for your

iPhone

This app for the iPhone provides most functions for cycling, including speed, distance, altitude, avg, max speeds. It also allows for a split screen function so you can view Google Maps if you're looking to trek onto new roads. \$9.99
<http://b-icycle.com/home.html>

Adjusta-Bell

The Weider 20 lb. powerbell adjustable weight allows for kettlebell workouts, minus the pile of kettlebells. \$99
www.getpowerbell.com

TRI-MYTH BUSTERS

Abs Myths Busted

Triathletes call on their core muscle groups all the time, particularly when fatigued. Unfortunately, many athletes still think bench presses and bicep curls will give you that well-balanced physique and fitness level. These folks probably also believe in the following abs myths:

Abs need lots of movement – actually, steady abs exercises are best. Movement works your back too much and doesn't force your abs to resist motion. That's why plank exercises are so good because they encourage stability and make your abs handle the work.

Love handles are best dealt with via rotational exercises – your obliques are not particularly taxed when rotational work is employed because rotation forces your spine to jump in too. Unbalanced exercises are preferable because they force your body to stabilize while your spine remains neutral. Good examples include single-leg lunges and one dumbbell deadlifts.

Abs need lots of reps – progress always plateaus if you do the same exercises repetitively. Intensity should be increased in ways other than the quantity of reps. Instead, use more challenging versions of similar exercises or add light weights. For example, if normal planks are too easy, do planks using a swiss ball, put your feet on a box and/or raise one leg at a time.

Oakley Radar Range

The latest in technology is Oakley's HYDROPHOBIC, a permanent lens coating that prevents rain and sweat from building up. Customization has become huge with Oakley, so lens and frame choices are endless. Starting at \$155
www.oakley.com

MISSION Skincare

An alternative to other skin lubricants, Mission Anti Friction's formula is a cream that lasts long, prevents rubbing in sensitive areas and is enriched with vitamins. \$12.99
<http://www.missionskincare.com/athlete/hunter-kemper.html>



Yaktrax Pro

This lightweight traction system has a spikeless system with coils, giving you the confidence to run on packed snow or ice. \$30
<http://www.yaktrax.com/ProductsPro.aspx>

Sugoi Men's Firewall 220 Pant

For the harshest of winter days, this pant will protect you against the elements keeping you warm and dry. It's versatile design works well for cold winter runs too \$160
<http://www.sugoi.com/usa/eng/Products/Bike/Men/Details/1388-42551U-Firewall-220-Pant>

Sugoi Women's MidZero Zip

Sugoi's apparel has become defined by performance, fit and feel. This 10" zip up top is a great layer for winter workouts with an invisible back zip pocket. \$85
<http://www.sugoi.com/usa/eng/Products/Run/Women/Details/2237-64004F.655-MidZero-Zip>



PowerBar Energy Gel Blasts

What's a better gift than some nutrition! The energy blasts are like gummie bears with a kick. They taste great and combine PowerBar's C2 blend of carbs to increased performance. Lemon or Strawberry Banana. \$1.99/package
<http://www.triathletesports.com/PowerBar-Gel-Blasts-p/11042gelblast.htm>

Also see the end of this newsletter for additional sponsor deals!

MAKE WINTER RUNNING BRRRRABLE

20-30 degrees. Your family and friends are warm inside prepping to watch the Pats game and the last thing you can think about is going for a run in this nasty weather. We've outlined a few tips below to help increase motivation, performance and simply gettin' out there on those cold days:



Upgrade your gear: Many athletes spend their budget of apparel on summer gear, when a majority of our time training is in the colder weather. Ditch the old wind pants for a good pair of running pants or tights that deflect the wind and keep your legs warm. Opt for 2-3 layers up top, which help push

moisture to the surface and allow you to breath. We like products by Sugoi, Pearl Izumi and Craft. <http://www.triathletesports.com/Run-Apparel-s/6.htm>

TRI LINGO

Burned Out

Mentally and physically exhausted. And, not just after a tough workout. Typical signs include feeling tired a lot, longer recovery times after workouts than usual, workouts seem more of a chore than fun, getting tired in the beginning of a workout, having way more off-days than on-days, having a short fuse with pretty much everyone around you – ugghh.

TABOO TOPICS

Is going long close to race day a wise move?

Doubt it. Many triathletes believe that this idea will give you the confidence and fitness you need to succeed on race day. Actually, this strategy will probably beat you up more than build you up. Test yourself along the way towards race day, but not so close that the workout requires too much recovery. This applies to all triathletes, since “going long” is relative to your fitness level, e.g. going long can be a 6-mile run for a beginner.

BIKE TRAINER WORKOUT EXAMPLE

Goals: strength, technique, aerobic combination

Warm-up, Cool down – 10-min each

Main set:

15-min. big ring 19, 95 RPMs
5-min. standing, big ring 13, 65

Warm up properly: When you hit the road, it can take 10 minutes before you actually feel ‘warm.’ Try jumping on a bike trainer or elliptical machine for 10-15 minutes to increase your core temperature and loosen up muscles. Or try some dynamic movements to loosen up muscles. The cold won’t bite you quite so much when stepping outside.

Don’t forget to Hydrate: Many athletes often neglect to drink enough water, as the cold weather inhibits thirst. Try filling smaller hydration flasks with room temperature water. You can even set a timer on your watch to ring every 10 minutes as a reminder. Taking in enough H₂O is especially important if you accidentally overdress, increasing sweat production and thus decreasing performance.

Music is motivation: Grab some good tunes or podcasts to keep you interested and make time tick by. If you’re running without a training partner, music can be a great motivator. For all things Triathlon download podcasts from Competitor Radio:
<http://competitorradio.competitor.com/>

Hot Chocolate isn’t just for the kids! Nothing feels better than finishing a cold run with a warm cup of goodness. This warm drink is a nice blend of carbohydrate to protein. In fact, some research has shown that after long bouts of exercise chocolate milk can aid recovery just as well as sports drinks.

Takeaway Message: To get those runs in during cold weather, make certain you have proper base layers, hydration and some great music to help motivate! Check out our holiday guides for a few pieces of apparel that will help you along.

References

Karp, J. *International Journal of Sport Nutrition and Exercise Metabolism*, 2006; (16:78-91).
Nutrition and athletic Performance
Kenefick Robert W; Hazzard Melissa P; Mahood Nicholas V;
Castellani John W
Medicine and science in sports and exercise 2004;36(9):1528-34.
Thirst sensations and AVP responses at rest and during exercise-cold exposure.

ARE YOU PUSHING TOO HARD DURING THE WINTER?

Time and time again, we see triathletes who are burned out ([See Tri Lingo](#) for definition) in July, before the thick of the tri-season. How can that happen to someone so early in the season? The more common way to get yourself in that kind of trouble is too work too hard in the winter. Then you continue that pace or increase in the Spring, so by mid-summer you’re just spent. For instance:

- You may have had a great year and your adrenaline is carrying over too much to Dec. – March.
- You’ve set lofty goals for 2010 and want to get a jump on the season by going hard now
- Lots of Holiday and work stress needs to be offset via increased workouts
- Your training plan is typically not one that follows periodization

RPMs

3-min. RI

15-min. big ring 18, 92 RPMs

5-min. standing, big ring 13, 65 RPMs

15-min. big ring 17, 90 RPMs

3-min. RI

5-min. standing, big ring 13, 65 RPMs

Total set: approx. 1 ½-hr.

Flexibility options: change gears, length of each set, RPMs to meet your goals and fitness levels.

HOW FIT ARE YOU? GO BACK TO BASICS...

It's not a bad idea to forget "the numbers" a little in the off-season to give yourself a mental break from specific tri-related metrics, e.g. HR Zones, VO2 Max, pace/mile, etc. Instead you may want to go old school again and consider your fitness in terms of more simplistic measurements:

- Resting heart rate
- Are your favorite pants too tight?
- Have you eaten chocolate almost everyday since the season ended?
- How often are you exercising/week compared to comparable time last year?
- How many days a week do you eat dessert?
- Eating 5 fruits/vegetables per day?
- How much slower (% wise) would you do your last race if you did it right now?
- Are you working off a somewhat structured exercise plan?
- Any athletic events planned before May 2010?
- Could you do one of the obstacle courses on *Ninja Warrior*?

One simple way to be sure you're going to avoid going too hard this winter is to look at your workout schedule in terms of "Training" vs. "Exercising." If your efforts fit more the latter category, you'll generally be safe come July. How do we differentiate between Training and Exercising? Here is a good way to benchmark your workouts. As always, these are averages and would best be applied to your specific fitness level and goals.

Benchmark	Training	Exercising
Av. workout length	1-2 hours	~ 1 hour
Intensity level (1 easy 5 intense)	3-4	2-3
Next day soreness	Absolutely	Not Really
Goals	Incrementally Aggressive	Stay in shape, improve weaknesses
HR Zone	3-5	2-4
Weekly workout quality	8-10	5-6
Injuries	Probably dealing with 2-3 recurring issues	Only little aches
General mental view	Little burdensome	More fun
Planning required	Daily review of calendar, weather, spouse leniency	Weather only

NUTRITION NEWS: NUTRITIONAL NEEDS FOR EACH OF THE THREE SPORTS

The main nutritional needs of training for any endurance sport include lots of carbohydrates and protein. Muscles run on a fuel called glycogen, which is stored in the liver and in the muscles. While exercising, your body burns glycogen which then needs to be replenished by consuming carbohydrates. Protein is necessary to support muscle repair and growth.

It is important to note that food selection plays a critical role in determining your training diet. For instance, eating complex carbohydrates (oatmeal, brown rice, pasta, potatoes, fruit, etc...) is much better for you than consuming simple carbs. Simple carbohydrates, such as table sugar break down quickly in the body and can result in fatigue and additional sugar cravings. Your body will require a much longer time to break down complex carbohydrates, leaving you with a steady stream of energy rather than a series of spikes and crashes. Protein (meat, fish, poultry, eggs, milk, tofu, yogurt, etc...) is necessary to help your muscles grow stronger as they recover from training. Nutritional needs will differ for each sport, as training for each discipline requires different levels of physical exertion and time:



- **Swim** - the least demanding in terms of pre activity nutrition, you can get by on something to elevate your blood sugar level a bit. You can have a piece of toast, fruit or a sports drink.

MAX WEBSITE UPDATES

Check out the site for Home Page improvements like new pics and inspirational quotes!

www.maxperformanceonline.com

KONA SHOWDOWN 2010- LANCE VS. CRAIG

As Chris Carmichael, Lance's Coach, recently said in an interview: "Let's put it this way, Lance is shooting for more lofty goals than an age group win."

This should be one great event between two of the best athletes in the world. It will certainly also bring tons of attention to our sport.

NOW THAT'S A TRIATHLETE!

"I get reminded how important mental toughness and drive are to endurance sports when I see a small group of runners each year in January at 6 AM assembling for a Boston Marathon training run. I need to raise my bar since I use to think it was a big deal for me to be going to work that early."

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!]

Remember not to get into the pool immediately after eating a large meal as you may feel sluggish and will have a higher tendency of experiencing cramps on a full stomach.

- **Bike** - cycling requires the highest caloric intake because most rides are longer than swims or running. You will need to make sure to consume enough calories to get you through the workout. A sample meal to consider includes cereal, a banana, and scrambled eggs.
- **Run** – similar to the nutritional requirements of the bike workout, but you should eat less since a full feeling will hamper you more when you're on foot than when you're riding. You can consider oatmeal or half of an energy bar. Don't forget to bring along a sports drink for when you're actually running to help with hydration.

BEGINNER'S CORNER: FUNDAMENTAL PRINCIPLES OF TRAINING PLAN DEVELOPMENT

Even if you consider yourself an experienced triathlete, you're better off if you use a training plan to guide your development and performance. This article isn't meant to espouse the benefits of training plans but does promote the necessity of having some core principles behind all plans. Your specific plan will vary based on your goals, fitness level, age, dedication to the sport, available time, etc. but should incorporate these key ingredients to be a good one.

- **Frequency counts** – varies based on... but it applies to both the number of workouts per week and the frequency of rest. Some will work out 2x per day, others 6 days/week.
- **Individual and progressive overload** – its simply physiological principles. Just use guidelines to determine what your incremental increases should be, e.g. 10-15% workout time increase over last year is more then reasonable.
- **Training mode** – becomes more important as race season approaches. Specificity of training (swimming, biking, running, strength) is more essential then generalized training as race day comes near.
- **Training blocks** – often referred to as "Periods" can be used to effectively adjust your intensity and duration at the proper stage of your fitness development. This way you're taxing your muscles in a manner commensurate with building your strength.
- **Rest and recovery** – should be viewed as critical components of your plan. Your body will need a chance to absorb the training workload and to repair. For example, it's common to use a 3-week hard, 1-week easier sequence.
- **Nutrition is the 4th discipline** – your plan should include good eating habits in general and also be adapted to specific training aspects, e.g. carb load the night before the next days' long run.
- **Motivators** – we highly encourage picking some benchmarks to shoot for before your first race. They could be pace goals, short running race, length of a workout, etc. They will help motivate you and they will give you something to gauge your progress against in time to correct your plan, if needed.

- "I Want You To" by Weezer
- "3" by Britney Spears
- "Bad Romance" by Lady Gaga
- "Pardon Me" by Incubus
- "Hells Bells" by AC/DC
- "Disease" by Matchbox 20
- "All the Small Things" by Blink 182
- "Living for the City" by Stevie Wonder

SUPPORTING CHARITIES

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

Alzheimer's Association

Rosie's Place

Prostate Cancer Foundation

Local YMCAs

Team Hole in the Wall

Souls 4 Soles

MAX PRAISE

"This triathlon was so wonderful. The Title 9 was my third tri I loved it one so much more than the other 2. The size was PERFECT and the course was incredible. Don't increase the field size, ever! I felt safe the whole time (which I admit I did not at the others, they were too crowded), but inspired by the other strong women competing! I wish you did more women only in MA! Thanks for all your hard

ARTICLE REPRINT: CAN YOU TAKE IT TO THE NEXT LEVEL? (Part 1 of 3)

Yes, you may have seen this before in our August 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.

We receive numerous questions on how a beginner and "middle of the pack Age Groupers" can get to the next level of triathlon performance. Most triathletes refer to the "next level" as finishing in the top 5 of their Age Group category in a Sprint or Olympic distance race. Most are also shocked when we tell them the commitment required.

So, we thought it would be fun to share our 2-cents on the subject in terms of solid tips we've found essential to perform among the best in each age group. Even if you don't quite make the top 5, you're guaranteed to improve your performance if you follow this advice. Real life examples (RLEs) also follow.

Get some benchmarks

Don't guess at what times you'll need, look up several races you've done and see where the top 5 performed compared to your times. It should be the same race(s) since different races have different difficulty levels, distances, etc. Separate the top 5 from the top 10 also. Why? The top 5 are usually even another notch above places 6-10, so shooting for the latter group is a more achievable goal. Go for the top 5 after you get in the top 10. RLE – Top 3 in my age group beat the next 7 by 15% on average in big races – that's a big difference when you do the math.



Commitment – Eye of the Tiger

Most of you will have to increase your weekly training by 30-40%, minimum. If you think you can just knock out a lifetime race without the training sacrifices, you'd be the exception for sure. This training increase will naturally require more planning in order to work the larger devotion into your already busy lifestyle. Days of just taking your workouts "as it goes" are gone. RLE – av. my weekly hours for Olympic went from 8 to 12 when I set out to get into the top 5.

Go long

Long bike rides and long runs (swimming not so) as part of your weekly routine are essential to get your strength and endurance levels to where they need to be. What's long? Varies based on your age group and goals but at least twice the distance of your individual race segment makes sense. RLE – my long runs were either 13-miles or 1 ½-hrs. and long rides 40-50 miles for an Olympic race.

Aero is a must

The difference in riding your bike aero and not can add up to a 10% difference! That's a huge amount of time to try and make up on the run. Don't underestimate the training required to ride 95% of the race in the aero position though (hills being the other 5%). You'll use different leg muscles, your back and your neck more going aero. So, it requires lots of training to get yourself up to the point of doing the entire bike segment in the aero position. RLE – it took me 4-weeks of focus and incremental build up to get to 1-hour straight in the aero position at my desired race pace.

work and for running a great race

-Patty B.

Hopefully these tips help get you psyched to take it to the next level. Additional avenues to help you achieve high performance are covered in September 2008 & October 2008's newsletters. [Click Here](#) to check them out!

Want a good bike trainer workout example? See our [Bike Trainer Workout Example](#) in this newsletter. Refer to our November 2009 newsletter for some Bike Lingo Terms!

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[Xterra Wetsuits](#)

TRI DOC ADVICE: ART- CERTIFIED CHIROPRACTORS CAN BE A TRIATHLETE'S BEST FRIEND

We obviously believe in them because we gave away a free race entry last month via a question about them. Just wanted to let you know that at least 53 other people agree, since they also replied correctly to our question in addition to the winner (Lisa was the 1st one).

So, we thought it might be a good idea to share a quick list of common conditions that are addressed by talented ART Specialists. Spread the word too if you have a friend who is in need of help in any of these areas:

- Shin splints
- Plantar Fasciitis
- IT Band Syndrome
- Sciatica
- Stress Fractures
- Tendinitis
- Back Pain



See our special [promo](#) in the bottom of this newsletter for a free 30 minute Chiropractic Consultation/ART Consult!

TRIATHLETE SPOTLIGHT

Joshua Larson

Profile: I am currently doing part-time consulting work, having semi-retired from the business world for now. I lived and worked for the last 17 years in Moscow, Russia in the investment banking, principal investment and asset management business. For a number of reasons, including my kids reaching high school and middle school age, we moved back to the US in June and have settled on Cape Cod near our families.



The "beginning"- I have been doing triathlons now for about three months. My brother-in-law is a member of the Boston Triathlon Team and has been in the sport for years and loves it, and I needed to take up something active when I got back from Russia. I thought triathlons would be a great way for me to keep active and participate in something that I could do for a long time. I also got my 13-year old daughter Maddy interested and we both started training this summer.

Athletic Interests - Until this summer, I had not been an active participant in any competitive sports since high school, working 80-hour weeks for about 16 years and letting myself get pretty badly out of shape. I finally joined a gym and started running and swimming in January of this year, and set my sights on participating in a triathlon in July. My spectator sports are baseball and the Red Sox, and college football (Hook 'em Horns!).

Triathlon Accomplishments – I only had the chance to do two races this season, as we got back to the States from Russia at the end of June, and I could only start serious training then. I had been keeping in some kind of shape since January, but you can really only race once you've trained for it. So I got a bike and a wetsuit in July, trained for a couple of months, and signed up for an Olympic tri and the Buzzard's Bay Sprint Tri. I did the Olympic in 2:37 and the Buzzard's Bay Sprint in 1:20. I beat my time goals in both races by a significant margin and surprised myself with the results.

Motivation- I enjoy triathlons because of the variety of training and the thrill of racing and competing; just running, biking or swimming can become pretty tedious and the competition makes it more interesting. I also enjoy the multi-discipline aspect- the fact that to be good at triathlons you need to be good at several disciplines, including transition. And I love racing. There's a race coming up, you're committed, nothing you can do but train and try to reach your goals. And when you hit or exceed them, it is very satisfying.

Goals for 2010 – I am spending the off-season focusing on strength training, flexibility and resilience in my legs. I had a lot of small injuries to the legs this summer due to lack of strength and flexibility. By next season, I hope to be competitive in my age group at the Sprint, Olympic and perhaps half-iron distances. My wife will kill me for saying this, but my goal is a top-three age group finish sometime next season. I also want to get my 13-year old daughter Maddy, who also did Buzzard's Bay (finishing in 1:45 as a newbie) to do some more racing with me. She had the time of her life at that race and is looking forward to more races next season.

Happy Holidays!

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

30% OFF MAX PERFORMANCE MERCHANDISE!



Max is offering race merchandise for a **30% Discount!**

Many triathletes have requested the option to buy race items so we have complied!

[Click here](#) to view our great selection of Race Merchandise!

Our inventory is limited so place your order today!

NEW PICTURES ON MAX'S FACEBOOK PAGE



facebook

We've uploaded a ton of new pictures from the 2009 season to our Facebook page!

[Click here](#) to check them out!

INSPIRATIONAL STORIES



We would love to kick off the 2010 year with some inspirational stories! We will be featuring additional Max triathletes in the winter newsletters to share fun stories, keep you warm over the winter and help keep your motivation up.

If you or a friend want to help us inspire other athletes with your story, simply reply "Yes" to this email. We'll write you back on how to complete the short process.

Thank you for relating part of your multisport life with other athletes like yourself. They're out there but they might not know it yet...

Thank you!

FREE ALUMINUM WATER BOTTLE



iRunLikeAGirl is offering a **FREE** silver aluminum water

bottle with **ANY** purchase now through December 31st!
Get some great holiday gifts for those on your list and maybe one for yourself too! iRunLikeAGirl offers great running apparel, accessories, jewelry and more.

Visit www.irunlikeagirl.com
Enter Promo Code: *SILVER*

CHIROPRACTORS FOR TRIATHLETES



While you are in the off-season, check-in with your favorite chiropractors at **Active Recovery Boston**. Take advantage of this offer too. Especially for Max triathletes this holiday season, Active Recovery Boston is offering:

A 30 min Complimentary Chiropractic/A.R.T. consult with a free Kinesio taping session with Dr. Kelly.

Offer valid between Dec. 21, 2009 - January 31, 2010

For **new patients**: Complimentary 30 minute consultation and Free Kinesio Taping Session.

For **existing patients**: Free Kinesio Taping Session.

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STAY IN SHAPE THIS WINTER!

B&S Fitness is offering a Beat The Blues Program to help you get in in shape and stay in shape this winter! Do you need discipline or confidence to pursue higher fitness goals or just reach your goal of becoming a triathlete?

Programs Include:

1 hr phone consultation

Exercise/Training Plan created specifically for your needs

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AND MORE!

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15 Maple Street

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