



February 2009

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## TIRED OF GETTING BEAT BY THE (BIGGER) PERSON NEXT TO YOU IN THE POOL???

*(Or, the 4 best things to practice to become a better swimmer)*

So, I'm feeling pretty good about my pace as I cruise up and down the lane in the middle of a long set. Then, I feel a small wake as I notice this guy pass me in the next lane, and I say to myself, "let's see how long you can keep up that pace buddy." He keeps it up for quite a while. To make matters worse, I glance over again and notice his gut is practically touching the bottom as he flies by me. What the %^&\* am I doing wrong?!?!?

Even though comparisons aren't appropriate when you don't know someone, we all do it. He could have been an ex-NCAA swimmer, Master class regular, etc. but it's simply human nature to look at other people for athletic benchmarks. I immediately concluded that my swim form must be horrible. Instead of having him ruin my workout, I decided to use the experience and hire a swim coach for 2-months.

I'm sure my tricoach could have obliterated my technique, but instead, she chose to have me focus on only a few areas of improvement. She said "they are the most common mistakes, easiest ones to fix and will definitely greatly increase my speed. After these tips, everything else is basically fine- tuning." Accordingly, here are the **most common mistakes** made by novice swimmers and how to correct them:

**Breathing** - *specifically, exhaling while your mouth is out of the water* is an easy mistake to make. After 6-years in the sport, I still occasionally make this mistake. This miscue breaks your breathing pattern and affects your stroke as you try to get back in a groove. Focus on your exhale (your inhale will happen naturally since you need air) and adjust it relative to what you feel you need, e.g. sometimes I exhale a lot to inhale more and other times I just exhale normally. You can also start your exhale as your head turns back in the water, not just when you're looking down or ahead.

**Kicking** - *or lack thereof*. We take big odds with the myth that "kicking makes your legs tired, so why waste important leg strength in the pool." Ironman distance races challenge how much to kick but 90% of us do Sprint or Olympic distance races. If your legs are tired after kicking for these distances, you simply have not trained enough.

Kicking is beneficial because it slightly propels you and it also helps keep the lower half of your body nearer to the top of the water. Just

[Trooper With an Attitude](#)

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## MAX IS ON FACEBOOK & YOUTUBE!

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!

Also we uploaded a 2009 Race Series Video! Check it out to see if you made the cut!

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

We've also created our own YouTube Channel! Check it out to see race videos and highlights!

[Click Here!](#)

imagine how much harder you're working because you're causing so much underwater resistance. "Swim on top of the water, flutter kick every other stroke and keep your legs together," is specifically what my coach had me learn. It is easy to practice and remind yourself of - just look at people in other lanes with the lower half of their body way lower than their chest and head.

**Pulling** - *the water towards your body, not away from it.* This almost always occurs with your non-dominant arm - your left. You pull your hand and arm back under water in a motion *towards* your body, not to your side. So, you're pulling the water right in your way, causing more resistance. Your initial pull in the water as your hands enters should form a natural "S" as you pull back along your side. You most likely do it with your right hand and arm, so pay attention to this and you can easily correct it through concentration.

**Head positioning** - lifting your head too far out of the water to sight and/or breathe. When you do this, you cause the rest of your body to lower in the water, drastically increasing resistance and causing you to work harder to get back above the water. Multiply this by the crazy number of times you breathe during a workout or race and you're wasting lots of time and energy.

Instead, practice just slightly turning your head enough to breathe well (when you're not sighting), so you minimize head rotation. When you're sighting, try to keep your mouth under water while looking ahead (like a crocodile peering above the water). You can actually exhale under water while sighting and then rotate your head for a breath before continuing your normal stroke pattern.

Good luck practicing these tips because we're confident you'll improve and maybe even look for that "person" next to you again.

## STRONG CORE- WHAT'S ALL THE HYPE ABOUT?

*(Just ask Lance)*

Chances are very good that if you believe that: "My shoulders carry me through the swim and my legs do all the work on the bike and run," you're not working key muscle groups that could make you faster. How often have you seen a fast runner with extra padding in the mid-section or too much junk in the trunk? In fact, just ask Lance. When he announced his recent comeback to the Tour de France, he told reporters that "I'm off to a great start because I've already been working hard on my core for 6-months!"

### What muscles are Core?

So, what exactly do we mean by Core anyway? Basically, the muscles in your abs, lower back and glutes cover lots of them. They provide the stability, power and endurance that triathletes need. These muscles are beneficial in all three tri-disciplines, particularly as your race progresses. If you just think about your body's positioning in each discipline, a strong core helps you stay efficient throughout the entire race.

### Overcoming Fatigue through Core

Core muscles become particularly important as you fatigue. It's easy to have your form deteriorate as you get tired. As our form changes, you naturally become less efficient and start overcompensating by calling on different muscles groups. Bad form also increases your risk of injury, as

## "NOW THAT'S A TRIATHLETE!"

"They say that no matter how hard you're working out, there is someone out there working harder; I'm that someone."

## TABOO TOPICS FOR TRIATHLETES

### How Much Should I Eat Before a Workout?

If you're exercising for less than 60-minutes, you can get by without a meal. An hour or more, fuel up. Why? You tap into your glycogen stores when exercising for extended periods of time. Easily digestible carbs are best, e.g. 8-oz. sports drink, ½ a bagel and a banana (this is actually my pre-race tri meal too).

## MAX'S 2009 RACE REGISTRATION IS OPEN!

New England  
Season Opener  
Du/Tri  
May 10

you flail more in the water, let your legs wander on the bike and/or slouch on the run. Have you seen these signs at the end of some of your hard workouts? These situations put more pressure on your legs, knees, shoulders to do all the work but they're already tired.

### Build Core from your home

The great thing about building strong core muscles is that you can even do them from the comfort of your home. Many of us also use core workouts as 30-minute focused efforts to help fit busy schedules, take a break from the health club, yet improve conditioning. And, there are so many different core exercises, it's tough to get bored. Here are three simple ones that **cover your abs, back and glutes at the same time** (and only involve you - no stability ball, no mats, no medicine ball, etc.). In addition to the three types of **Planks** we covered in the January '09 newsletter, try these:

### Crisscross

Lie on your back, arms by your side and legs extended. Raise your right leg slightly off the ground and keep it straight, as you bend forward to pull your left knee to your chest. Grab your left knee and hold it for 2-3 seconds and then do the same with the opposite knee and leg.

### Superman

Lie on your stomach with your arms extended in front of you. Lift your arms and legs off the ground simultaneously and hold for 2-3 seconds. Although, you'll look like you're flying and feel like you're dying, you'll get better quickly.

### Bridge

Lie on your back with your arms at your side and your knees bent so your feet are resting on the floor. Straighten your left leg and raise it in the air in line with your torso, weight supported on the other leg, as you lift your butt off the ground so you form a line with your raised leg. Hold for 2-seconds and then switch legs to repeat for 1-rep.

As always, the number of sets and reps depends on your fitness level and goals. Generally, a good 30-minute core workout involves:

*Exercise type* - 4-5

*Sets* - 2-3 of each type

*Reps* - 10-12 reps of each

Stay tuned for more Core exercises in future newsletters!

## BEGINNERS CORNER: YOU KNOW YOU'RE A TRIATHLETE WHEN...

You Know You're a Triathlete When...

- "working from home" includes an hour long trainer ride, buttoned up with some Core exercises
- you plan "Family Vacations" around destination triathlons to Florida, Bermuda or California

**Massachusetts State  
Tri  
July 26**

**Sharon's Back Tri  
August 16**

**Title 9 Women's  
Only Tri  
September 13**

**Buzzard's Bay Tri  
September 20**

Can't wait to see you  
in 2009!

**[Click Here to  
register!](#)**

- you've taken 3 showers in one day
- you add 2-3 miles onto a 5k road race just to consider it a training run
- you consider "expensive jewelry" your new Garmin Heart Rate Monitor
- your most cherished suit is your wetsuit
- you always, always, have a bottle of water with you when driving or while at work
- your training workouts are dictated by your available time versus the amount of time you can actually swim, bike or run
- you've filled up your water bottle during a long training run....with a garden hose from an unsuspecting residence
- your significant other calls your bike shorts...your "diaper shorts"
- you'd rather go for a 2 hour bike ride than rake leaves in the fall
- you're at a BBQ and you explain for the 4th time what triathlon is and how it's different from "The Marathon"
- you've spent more money on your triathlon gear than your day-to-day wardrobe
- you don't know what to do with yourself on a "rest day"

## TRI LINGO

### Kinesio Tape

You might have saw "its coming out party" at the Beijing Olympics. It is used to speed up healing without limiting range of motion by allowing more blood to flow to the area. Common uses include Shinsplints, runner's knee and plantar fasciitis. It's available online but probably best to see a great sports chiropractor initially about the injury (e.g. [Active Recovery Boston](#))

## NUTRITION NEWS: TRIATHLONS AND WEIGHT LOSS

As the popularity of Triathlon has expanded the last several years, so too has the scope of its demographic. A sport once considered only for elite athletes, now encompasses people from various backgrounds who have goals of a different nature. Many triathletes delve into triathlon, using the three sports as a vehicle for weight loss. This ultimately leads to a healthy lifestyle that athletes continue for years on end. But what are their nutritional tidbits that have helped them lose weight? We've polled triathletes to find out what their secrets are in balancing exercise and nutrition to maintain a comfortable weight loss/maintenance program.

- **Drink Water:** This may seem obvious, but as you swim/bike/run consistently throughout your week, dehydration becomes a key reason that many people overeat. Your body craves water too, not just food, so don't get trapped into eating when you should be drinking.
- **4-5 small meals:** This helps to maintain a balanced appetite; consistent blood sugar levels will make you feel energized and allows you to have enough fuel for workouts.

## 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!]*

- "Rock and Roll" by Eric Hutchinson
- "Nothing Ever Hurt Like You" by James Morrison
- "Glory Days" by Bruce Springsteen
- "Circus" by Britney Spears
- "A-Punk" by Vampire Weekend
- "New York, New York" by Ryan Adams
- "Sex on Fire" by Kings of Leon
- "I'm Not Over" by Carolina Liar

## 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

- **Portion size your meals:** Think of your plate as a pie chart and break it down into thirds. One third lean meat, one third healthy whole grain, one third vegetables. Smaller meals should also include portions of starch, protein and fats.
- **Don't cut too many calories:** When you drastically reduce caloric intake, you're going to get hungry, drained and potentially splurge on those unwanted foods, just to fill the missing void. Try to reduce 100 calories at a time versus cutting large amounts of food out of your diet.
- **Keep a log:** Track your intake for a week so you know how many calories you are taking in. Then you can adjust to accommodate for too little or too much. Plus, it's a lot harder to write in those splurges when they happen and makes you take ownership for your choices.

**Message:** Balance is so important. As with maintaining anything in life, it's critical to slowly integrate changes and to follow through with your plan. A Triathlon is about balancing three sports while training; but remember that nutrition is often considered the fourth sport.

## TROOPER WITH AN ATTITUDE

Simply put, I am that "someone" who wrote the quote in this newsletter under "Now that's a triathlete." You know, the guy you love to hate; the trooper with an attitude. I take my triathlon training pretty seriously for an Age Grouper and was asked by the Max folks to share some facts and figures that back-up my training and tri-performance.

### You want Benchmarks, I'll give you Benchmarks

Who wants benchmarks? Max now has over 12,000 New England triathletes in their database, many of which like to give feedback and their 2-cents. And, many have asked for accessible benchmarks to use as reference for how they're doing with their training plans.

So, instead of stealing business from beloved tricoaches, Max decided to give you benchmark information via this column in 3 consecutive newsletters. Max picked one triathlete to use, based on your input - me. Naturally, adjust your comparisons based on your profile, fitness level and goals. Here you go.

### The Trooper

My training plan started on Feb. 1st and goes until June 1st (an average training period for a competitive age grouper if you're in shape to begin with) and is based on a periodization scheme. In each newsletter, I'll cover a 2-month training period so you can gauge my progression against where I want to be in 12-weeks.

### Brief Profile

- Mid-30s competitive Age Grouper
- No previous experience in endurance sports before triathlons
- Doing triathlons for 4-yrs, mostly Sprint & Olympic with two ½-Irons
- Stay in shape all year by exercising in winter and training/racing the other 9-months
- Use a HR monitor and HR Zones for training and racing

## Team Hole in the Wall

Souls 4 Soles

- Best times - Sprint - 1:11, Olympic 2:14, ½-Iron 5:14
- Goals for 2009:
  - Race 7-8 triathlons, covering all 3 distances
  - Nail my "A" race in June - top 5 in age group
  - Qualify for Age Group Nationals, maybe go
  - Do 1 PR
  - No injuries
  - Set myself up to do an IM in 2010

## MAX PRAISE

"This was a great race! I don't know how you pull it off every time but the atmosphere of your races is just so much better than many of the others I've done.

Everyone is so friendly and is out there smiling and having a great time. Job well done, thank you!"

-Kelly G.

## Benchmarks for Feb. and March

### Overall

- Build as I go each week with no more 10-15% increase/week
- Av. 8-9 workouts in total per week (~ 2 strength, 2 swim, 3 Bike, 2 run)
- Training time/week - low of 6 hrs., high of 13 hrs.
- Use the 3-weeks on, 1-week recovery theme
- Increase my nutrition awareness measurably
- Compare my heart rates with last years at the end of March to narrow down zones

### Strength

- Build my strength up to handle:
  - 3-min. Plank
  - 50 push-ups
  - 50-lb dumbbell squats
  - 50 dips
  - Strength WO of 1 ½-hr. in length
  - Swim
  - Emphasis is on total time and form (no interval work), low HR WOs
  - Reach 1 ½-hr. mixed set with minimal rest (without sleeping the rest of the day)
  - Improve on 2-3 stroke technique aspects - truly improve
  - Av. 25-sec. laps on 1-mile straight swims

### Bike

- Stay mostly in Zones 1-3
- Use spin class (1-day/week for 1 ½-hrs) as a gauge of bike technique & fitness
- Beat spin class mates except for top few cyclists (i.e. not triathletes)
- Ride on trainer 2 more times/week (in addition to spin class) for total week bike time of 4-5 hrs.
- Handle 3-min. 1-leg sets without screaming (3-min, EACH leg)
- Be able to handle 2-hr. hard interval workout comfortably
- Do 1-hr. straight 53x16 set > 90 RPMs (following a recovery week)

### Run

- Stay mostly in Zones 2-3
- Do several 10-mile runs at a comfortable pace
- Do several 3-hour bike/run bricks
- Work in 2 hill workouts by the end of this period

## OFFICIAL SPONSORS

[B&S Fitness](#)

[Charles River YMCA](#)

[Clark Community  
YMCA](#)

[Fuel Belt](#)

[Hammer Nutrition](#)

[Lock Laces](#)

[Old Colony YMCA](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Village Bicycle](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

- Run 6-7 miles comfortably at Olympic race pace

## TRI-DOC ADVICE: DEALING WITH TRIATHLETE INJURIES

If you train long enough, chances are you'll experience heel or foot pain at some point. Plantar Fasciitis (PF) is a common term for injuries in these locations. Be aware that all types of heel or foot pain are not necessarily true PF. It is important to be properly diagnosed in order to determine the best course of treatment and follow up care.

### What is Plantar Fasciitis?

The plantar fascia is a piece of connective tissue on the bottom of the arch of the foot that connects the front of the heel bone (calcaneus) to the base of the toes (metatarsal heads) and its purpose is to help maintain the arch and absorb shock with every step you take. There are also several layers of muscles underneath the plantar fascia that connect to the heel bone in the same location.

When these structures are overused or overstressed, problems begin. Tissues tighten up and restrict blood flow to the area, leading to scar tissue formation. This in itself is enough to produce pain, but if untreated can progress into an even more difficult problem: tendon degeneration. In this case, the point on the heel bone where all those muscles and the plantar fascia attach begins to degenerate or die. This is what can make PF a very stubborn, frustrating injury. Generally people with PF have pain on the inside of the heel, which is worst first thing in the morning. Usually it lessens throughout the day. It isn't unusual to have pain lessen during a run, but then flare afterwards.

Fast action when pain begins can prevent a very long-standing injury. For starters, evaluate all training variables such as running surface, shoes, intensity, workout types, hills, weather conditions, etc. For example, running on cement with worn out shoes creates more stress on your body than running on a trail with newer shoes.

Home care can begin with avoiding the precipitating activity. When really flared up, icing may help diminish some symptoms. Some people have success wearing night splints or adding gel inserts to their shoes.

If pain persists, seek treatment from a provider whom specializes in sports injuries. First, it must be determined if PF is an accurate diagnosis or if you are suffering from a different injury that is mimicking these symptoms.

An effective treatment for PF is Active Release Techniques (ART®), state of the art hands-on care for injuries to muscles, tendons, ligaments, fascia, and nerves, collectively known as soft tissue. ART® is highly effective for locating and eliminating scar tissue which is underlying in PF cases. If you have further questions about ART® or treatment options, please visit our website at [www.ActiveRecoveryBoston.com](http://www.ActiveRecoveryBoston.com) or email [DrKelly@activercoveryboston.com](mailto:DrKelly@activercoveryboston.com).

# GET ON THAT BIKE TRAINER!

## Ongoing Workout Sets

So far, we've discussed why you should own a bike trainer, how to sell the idea at home and the major muscles covered by different workout sets. Before we continue with more favorite sets, here are a few FAQs we received with respect to bike trainer advice:

### ***I race Sprint distances races, how long should my Bike Trainer workout take?***

As always, depends on your goals, where you are in your training plan and your fitness level. For Sprinters, a great workout could last between 1 - 1.5 hours. My 1-hour WO has 6-sets and 1.5 hour WO has 9-sets. All WOs are a combination of equal Normal and Hard sets, with 2-3 minute rest intervals after each set. If you consider yourself an average triathlete, work yourself up to 1.5 hours and you'll be tired but feel great when you've conquered it.

### ***How do I know what resistance level to use?***

Different trainers have different settings, and there is not usually a good way to know what setting yours is on. This is also one reason why people next to you at spin class may look like they are cranking out "slower or faster" RPMs. What should be most important is what you are doing, not your neighbor. You control your own settings and can use them to measure progress as your fitness increases, i.e. keep your trainer setting constant and gauge your progress as you go from week to week sets. If you feel your sets are too easy, increase resistance and vice versa if too hard.

### ***How important is it to look at RPMs during sets?***

We consider this pretty important. RPMs help gauge turnover and pedal efficiency. In fact, I don't even look at MPH on my trainer, only RPMs. I know if I'm increasing my RPMs on sets that are consistent from week-to-week, I'm improving well. Remember too, RPMs are proportional to your gear setting - harder gears = lower RPMs. Another reason to not look next to you at a spin class since it's very difficult to tell what gear your neighbors working.

### **Normal Set** (see Jan. newsletter on Max site - Tri Lingo for descriptions)

1:00	53 x 17	Seated Build Up Climb	HR Zone 2	RPE-13	RPM-70
1:00	53 x 15	Same	2	14	65
1:00	53 x 13	Same	3	15	60
1:00	53 x 12	Same	4	16	60

### **Hard Set**

:90	39 x 15	Spin Ups 30/30/30	2/3	13/14	90/100/110
:45	Any	Recovery	1	10	
Repeat above 3 times					

30/30/30 = 30-seconds at each RPM level, e.g. 30-sec. @ 90 RPMs, @ 100 and @ 110

## TRIATHLETE SPOTLIGHT

### Steve Portela

**Profile** - I am a 23 year old male who works full time as a mechanical engineer for a medical device company. I do not have a family of my own, but I do have a dog. I am the son of two Portuguese immigrants and have a 20 year old male sibling.

**The "beginning"** - This was my first season doing any endurance sports, but knowing that I would get bored just running, I decided to get into the triathlon world with no real background in any of the disciplines. Now I'm hooked.



**Athletic Interests** - I played all the regular sports (soccer, basketball, baseball, hockey) up through the end of high school. I then learned and played collegiate squash for three years. After graduating, I decided to take on something new. Hence, endurance sports and triathlons.

**Triathlon Accomplishments** - Well, 2008 was my first season and it went really well actually. I believe I placed in the top 3 of my age group in every triathlon I entered. My very first race was a Biathlon in NYC's central park where I performed rather well placing 64th out of about 650 competitors. I ended up doing the exact same course 6 months later to finish off the season where I beat my previous time by just under 6 minutes and placed 20th overall and all in a cold and heavy downpour. I have absolutely no complaints on how my first season progressed.

**Motivation** - There is something about trying to master 3 completely different sports at once that really gets my attention. Aside from the fact that I am a very driven person in trying to accomplish new things and that I am not in the absolute best shape of my life.

**Goals for 2009** - Unfortunately, my training and season have been set back by a medical issue. Therefore, my one and only goal for this season is to just get healthy again and work my way back into the sport as I can. I am hoping to race again by August or September of 2009. Will be a short season. :-(

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*Be sure to check out Max's 2009 races which are now open for registration!*

*Be well,*

*Tim Richmond*

*RD, Max Performance  
617.797.2215*

## SHARON'S BACK TRI 2009 REGISTRATION IS OPEN!



**August 16, 2009**

**Sharon Town Beach**

**Sharon, MA**

**8:00AM Start**

**Sprint Triathlon: 1/2 Mile Swim, 12.3 Mile Bike, 4.4 Mile Run**

The Sharon Triathlon is Back (again)!

The tri **SOLD OUT** last year, so register early to ensure your spot!

Info and Registration can be found at the following site:

[www.maxperformanceonline.com/sharonsbackrace](http://www.maxperformanceonline.com/sharonsbackrace)

## MAX PARTNERS WITH SOLES 4 SOULS



Soles4Souls has a simple concept. They get shoes and give them away.

Soles4Souls facilitates the donations of shoes, which are used to aid the hurting worldwide. The idea behind gifts of shoes is nothing new to the Soles4Souls team, as they coordinated relief efforts for the Asian Tsunami and Hurricanes Katrina and Rita, netting over 1 Million pairs donated for these disasters.

**Max is proud to partner with Soles 4 Souls and will be collecting new or gently worn footwear at all 5 of our races in 2009. Simply bring a pair and donate \$1 to ship them to those in need.  
It's that simple.**

## NORTH EAST TRIATHLON SUMMIT 2009

**North East Triathlon Summit 2009**

*March 14, 2009*

*Time: 8am- 5pm*

*Registration 7:30am*

**Location: Salem State College, O'Keefe Center, Salem, Ma.**

**Contact: Brandi Dion at [BnSFitness@yahoo.com](mailto:BnSFitness@yahoo.com) or (978) 204-8588**

**[Click Here](#) to register!**

The Northeast Triathlon Summit is designed for Triathletes of all levels to come learn from the pros on how to become faster, stronger, more injury free and of course gain that competitive edge! If you are looking to increase your speed in the swim, bike or run, this summit will help you. The knowledge and priceless tips that you will receive will be well worth a Saturday devoted to triathlon! Vendors will be on hand displaying some of the hottest gear for 2009 - so don't miss this event!

**Some Highlights:**  
**VO2 MAX Testing**  
**Under Water Video Analysis**  
**Nutrition Consultation**  
**Beginner, Intermediate, and Advanced Lecture Topics**

More info can be found at [www.bnsfitness.com](http://www.bnsfitness.com)

*B&S Fitness*  
15 Maple St  
Salem, MA  
(978) 204-8588  
[www.bnsfitness.com](http://www.bnsfitness.com)

## RACE WITH MAX TO WIN A QUINTANA ROO FRAMESET!

**QR**

&



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 the winner.

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

## SHARON RECREATION DEPARTMENT

The Sharon Recreation Department is under new management and is headed in a new direction! Come and check out all the new programs being offered!

Programs are available for children to adults with some of the best specialized instructors teaching activities such as fitness, arts & crafts, certifications & MORE!

*There will even be a new day camp in town!*

Be on the look-out for Camp Massapoag, a fun and exciting sports camp for all town residents!

Stop by and check out everything we have to offer or visit our website at [www.townofsharon.org](http://www.townofsharon.org)

## PREVIOUS MAX NEWSLETTERS AVAILABLE!

**Prior newsletters are available on our website.**

*Some well received topics included:*

- Maximize balance and prevent injury -
- The Real Skinny on Aerodynamics -
- How to have a faster bike split -
- Potpourri of training tips -

Simply [Click Here](#) to see all prior newsletters.