

IN THIS ISSUE:

[Thinking About Going Up a Tri Distance in 2010? Top Considerations...](#)

[Tri-Myth Busters: Blisters](#)

[Beginner's Corner: Lose the Scale in Measuring Your Progress](#)

[Why Max Races Rock for Women](#)

[Tri Doc Advice: Turn Your Weight Loss Resolution Into a Solution](#)

[Win a Free Race Entry Contest](#)

[Want to Improve Your PR, Burn More Calories, and Do More In Less Time?](#)

[Taboo Topics: Why Do Some Races Have Unisex Swim Waves While Others are Co-Ed?](#)

[Nutrition News: Vegetarian Nutrition Tips for Triathletes](#)

[Triathlete Spotlight: Julie Rising](#)

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

[Article Reprint: Strong Core- What's All the Hype About?](#)

[Max 2010 Race Registration](#)

[Tri Lingo: Spin-Ups](#)

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

[Bike Trainer Workout](#)

WANT TO IMPROVE YOUR PR, BURN MORE CALORIES, AND DO MORE IN LESS TIME?***Do Intervals!***

Continuous training is exercising (swimming, biking or running) for a specific distance without stopping, while interval training is repeated bouts of high-intensity exercise interrupted by short rest periods. Coaches and athletes use both continuous training and interval training to build aerobic capacity - the ability to transport and use oxygen but interval training carries more bang for your buck.

Basically, interval training increases your metabolism more than continuous training. It also is a more powerful stimulus for increasing aerobic fitness. Short bouts of high intensity exercise builds high levels of fitness quickly. In fact, a recent study of six sessions of high-intensity interval training on a stationary bike was found to increase muscle oxidative capacity by almost 50 percent, muscle glycogen by 20 percent and cycling endurance capacity by 100 percent. The subjects made these amazing improvements exercising a mere 15 minutes in two weeks. (BTW - that's why the "Fat Burn" program on stationary bikes at your health club insert short bursts of high spinning). Same goes for swimming and running. So, build some interval sessions into your weekly regimen for numerous benefits.

THINKING ABOUT GOING UP A TRI DISTANCE IN 2010? TOP CONSIDERATIONS...

Congratulations on your success in 2009! How do we know this? Because you wouldn't be considering going longer if you weren't happy with your results.

We always welcome raising the bar but we also welcome thinking through the idea before taking the plunge. Here are some quick considerations.

What distance? – usually more prudent to "just" go the next distance up. If you were happy with your Sprint, consider an Olympic; Olympic to ½-Iron.

Research the race – if your season consisted of two Sprints last year and then you picked the publicized Columbia Tri in MD for 2010, you'll probably not enjoy it. It's an extremely hilly and difficult Olympic.

Make the longer race commensurate to your anticipated fitness level – as implied by above, pick a reasonable longer race. Incremental progress is a good way to making triathlons enjoyable for the long-term.

Keep your "old" distance race too – still good to warm-up with a race distance you successfully did last year. This will help you gauge

[Example](#)

[Great Training Songs](#)

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

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MAX 2010 RACE REGISTRATION

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

5.9

NE Season Opener
Duathlon & Triathlon

6.12

Escape the Cape Triathlon

7.18

Massachusetts State
Triathlon

8.15

Sharon's Back Triathlon

9.12

Title 9 Women's Only
Triathlon

9.26

Buzzard's Bay Triathlon

[CLICK HERE TO
REGISTER!](#)

TRI-MYTH BUSTERS

Don't Pop That Blister

It's actually a good idea. Hey, I don't like touching the gross things anymore than the next person, but leaving them there to "go away on their own" is misleading

your fitness level from one year to the next and also give you confidence in moving up.

Much more training – good to go under the assumption you'll need to really increase your training. The jumps to higher distances are fairly formidable and you will get there more successfully if you account for this in your training plans.

Timing – if you agree with the above considerations, then the timing of the race is a natural factor too. You might aim for mid-year to be in sync with your fitness level, extra training needed and more predictable weather.

Goal setting – how will you set a goal for a new distance with no experience? You can ask us, do some math in extrapolating your last year's times to the longer distances (add some more) and/or break down the new race into its 3 parts and calculate each separately, then add transitions and some fatigue time.

BEGINNER'S CORNER: LOSE THE SCALE IN MEASURING YOUR PROGRESS.

Ever see the same person at your health club weigh themselves **after every workout**? Or, they stand on the scale gently touching the calibration for minutes until they get it just right? They remind me of that funny commercial where the guy weighs himself and then runs around the health club once and gets right back on the scale?

Of course, scales are a common tool for measuring your weight and even your fitness progress, but they can be deceiving also. How are scales deceiving? There are several reasons why they shouldn't be taken at face value when measuring either your weight or your progress:



1. **Scale Accuracy** – many scales simply aren't accurate. I haven't heard about anyone at my health club calibrate the scale in the 6-years I've been going there. Can it really be accurate after the abuse it gets from the members?
2. **Water weight** – everyone is made up of 70% or so water. Drink a lot before weighing...
3. **Scale differences** – over a period of 2-weeks, I did my bi-annual visit to four different doctors (big believer in wellness). According to these scales, my weight was between 170 and 186 lbs, despite the fact that I kept my same nutritional and exercise routine- ridiculous.
4. **Just too many variables** – besides the above, the time of day, amount of clothes, bathroom habits, etc. can throw your weight off.

So, what do you use if not a scale? We use scales, just don't take them at face value. And, we try and be consistent with some of the key variables – time of day, food/water before weighing, same scale. In addition, we like to use one or more of the following barometers to help us gauge our weight and fitness:

- **Pants fit** – if your same favorite pants under the same conditions (e.g. just laundered) are all of a sudden tight a few

advice. If they pop on their own, you now have exposed your skin to bacteria in a non-controlled environment.

There are numerous reasons we get blisters but that doesn't really matter when in deciding on what to do with them. So, based on our personal experience and a handful of recent doctor visits (saw the docs for other reasons but they noticed the blisters), here is a good plan of attack:

Leave the blister go until you feel it's not in the "raw" stage. This is usually 1-2 days after the occurrence.

Then, sterilize a safety pin or needle with a match, let it cool and pop that bad boy. Leave the excess skin there and use an antibiotic and gauze or a band aid to cover it up and let it heal the rest of the way. Change the bandage daily until healed. When it's healed, cut off the excess skin left behind.

TRI LINGO

Spin-ups

After pedaling at a certain cadence (RPMs) for a period of time, slightly increase the cadence and hold it for a period of time. Do this again about 3-4x in total during a spin set. For example, spin at 85 rpms for 1-min, increase it to 90 rpms for 30-sec., increase to 95 for 30-sec. and then do 110 for 15 sec.; rest for 2-min. and repeat.

weeks in a row, you probably added a few lbs.

- **Body Fat Composition** – maybe you're exercising well and actually gaining muscle, not fat. Nowadays, you can buy a reasonable scale for home that measures your body fat composition accurately. So, consider using this tool as a way to measure fitness progress.
- **Tape measure** – may sound crazy but a good exercise plan will definitely shift things around a bit, for the better.
- **Exercise progress** - are you getting more fit as measured by how you feel, the energy your exuding, length of workouts you're doing, etc.

Regardless of the method, a good rule of thumb is to use any method with common sense, in reasonable frequency and under similar conditions. Finally, if you feel you need to lose some lbs., see the related article in newsletter titled "How to go from Resolution to Solution" for some good tips below.

TRI DOC ADVICE: TURN YOUR WEIGHT LOSS RESOLUTION INTO A SOLUTION

Quite a few of us have a weight loss goal as one of our key fitness objectives for 2010 (realistically, who doesn't?). So, whether it's that brutal last 5-lbs. or a more aggressive 15-20 lbs., here are some good tips on how to turn your *resolution into a solution*.

- **Think training log** – only for this purpose, make it a food log. Write down everything you eat each day; it works. You don't have to get carried away with recording calories, protein, carb %s etc., just what you eat. It gives you a whole new perspective, makes you think twice before jamming a 3rd piece of chocolate in there and is guaranteed to be looked at way more than your training log.
- **Force down water** – hey, I'm tired of reading how we're suppose to drink 64-oz. a day too; just not happening since I don't have a personal bathroom at work, do have a job to do and want to sleep at night. But since the benefits are *huge* to drinking water (e.g. cleansing, appetite suppressant, etc.), force yourself to get down 2-3 glasses a day. This is totally doable, then go to 3-4/day. If it's in front of you, you'll drink it, and write it down in your log too.
- **Small snacks rock** – there are a huge variety to healthy items to choose from (bars, 100 calorie items, handful of nuts, yogurt, etc.) and you will keep your body chemicals in balance, metabolism revved, appetite curbed and energy up for post-work workout. Have 2-3 per day with great results, just make sure they're not huge, i.e. meal-equivalents.
- **Do interval workouts each week** – we explained them in this newsletter, so they work! You'll burn more calories for sure, get more fit and teach your body to jack up your metabolism more often throughout the day too. All of which results in weight loss.

TABOO TOPICS



Why do some races have unisex swim waves while others are co-ed?

ALL Max races are unisex. Why? Because our athletes asked for it. It helps keep "like-kinds" together, increases camaraderie and makes for more comparable and safer racing. If you want to meet people, just walk around the transition area and plenty of the triathletes love to chat with fellow racers.

- **Measurement mechanisms** – just read the article about ditching your scale in this newsletter.
- **Whip up a few meals on Sunday** – you don't have to waste ½ your weekend but you can invest 2-hours into preparing a few healthy meals for the upcoming week. It's tough to eat the way you should during the week if you work 9-10 hours/day (including the commute), workout most of the weekdays and still want to spend a little time with your family.
- **Small workouts count too** – time stretched thin, so you ask yourself "why bother going to the gym for 30-minutes?" Fight that demon! Simply put, nothing helps you lose weight more than exercise. So, 20-30 minutes count too, regardless of potency at times. Your mental outlook is lifted with every workout which leads to more confidence and motivation to stay on track.

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.

Approximately How many people receive this newsletter via email monthly? (first person to guess the right number within 200 wins!)

Hint: It's < 14,000



January Winner:

Q: What was the name of the first race Max organized in the Boston Area?

A: The Do the Du Hopkinton Duathlon

Winner: Steve Portela

Please Note: We had many correct answers for this question but Steve answered it first!

BIKE TRAINER WORKOUT EXAMPLE

Spin Sets

- Warm Up
- Big Ring- Upfront, 19 in Rear 6-mins
- Rest Interval (RI) 20mins
- Repeat, Going Down 1 Gear each time with 2-min RI in between each. e.g. 19- 18- 17- 16

Try to maintain same or slightly less RPMs for each set. Increase or decrease # of sets, length or each set, etc. for customization.

WHY MAX RACES ROCK FOR WOMEN

Simply put, Max Races are awesome for women triathletes, from newbies to elite. The world of triathlon used to be extremely male dominated, but fortunately that's not the case anymore. Women triathlete numbers are growing in leaps and bounds and Max is happy to help fuel the growth.



Our Title 9 Women Only Race is a good example of our commitment to women triathletes. This race in particular, offers a ton of camaraderie and support. Max uses a "Buddy System" to help ensure safety, fun and sportsmanship. Buddies are volunteers in the water, in the transition area, and at every bike and run turn. They answer questions, calm nerves, lend a helping hand, and cheer you on.

NOW THAT'S A TRIATHLETE!

"I sort of made a mistake by bringing my bike pump to the transition area at my 1st IM race. Three people asked to borrow it and then others asked to borrow it from them, etc. etc., So I ended up chasing it all over the TA, like a dog after a treat, before the biggest race of my life."

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!]

- "Smooth Criminal" by Michael Jackson
- "AM Radio" by Everclear
- "Hazy Shade of Winter" by The Bangles
- "Girlfriend" by Avril Lavigne
- "New Divide" by Linkin Park
- "Say Aah" by Trey Songz featuring Fabolous
- "I've Got Friends" by Manchester Orchestra
- "Last Night" by The Strokes

Our support starts even earlier though. We have a busy newbie hotline, utilized to answer questions and to help you prepare for the race. An extremely informative athlete packet sent to you in advance of the race further compliments this information.

In 2010, we also changed our popular swim clinics to be Women Only. Experienced women triathletes, who are awesome instructors and love to help, run these intimate clinics. You'll practice mock swim starts, sight to buoys, and learn how to swim straight without lane lines; say good-bye to open water panic attacks. We even have an inventory of Xterra wetsuits for you to try on and use at the Clinic. This helps you get sized right and try them on in a casual atmosphere. The clinics also afford you the opportunity to sign up for subsequent private swim lessons, if desired.

Triathlon organization would not be enjoyable without women triathletes at every race. We want to thank each of you from the bottom of our hearts!

ARTICLE REPRINT: STRONG CORE- WHAT'S ALL THE HYPE ABOUT?

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

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 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

SUPPORTING CHARITIES

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

Alzheimer's Association

St. Jude Children's
Research Hospital

Prostate Cancer Foundation

Local YMCAs

Souls 4 Soles

MAX PRAISE

"I thought you all did a wonderful job putting on the race. The volunteers along the course and at the transitions were very helpful and encouraging. The swim was filled with comforting safety boats and the bike course was well marked to make you aware of hills and dangerous turns. Thank you for a great day!"

-Liane D.

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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 2009 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.
- - 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!

NUTRITION NEWS: VEGETARIAN NUTRITION TIPS FOR TRIATHLETES

If you don't eat meat, it can take a bit more planning to get adequate protein for muscle building and sports training. Vegetarians must take extra care to avoid deficiencies of iron, zinc, and B12, which can hurt exercise and strength training performance. Here are some tips on how to up your protein intake.

The current protein recommendations for optimal muscle building in an athlete is 1.6 to 1.7 gram protein per kilogram of body weight (0.73 grams per pound). For a 200-pound athlete, that is a total of 145 to 154 grams of protein a day. There doesn't appear to be much scientific evidence that more than 2.0 grams of protein per kg of body weight has any additional benefit in muscle strength or size.

How do you get your daily protein minimums?

You can get enough protein by including plenty of low-fat dairy products and protein-rich plant



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sources, like soy, in your diet. Milk, tofu, yogurt, cheese, and peanut butter are some good options to consider for protein.

How about iron? Non-meat eaters must pay a little more attention to their dietary iron needs. Heme iron is a type of easily absorbed iron that is found in animal protein. If you eat fish or chicken, you will get this type of iron, but if you don't, you will need to find other sources of iron. Our bodies don't absorb non-heme iron (the kind found in vegetables) as easily as the iron that comes from animal foods. Good sources of non-heme iron include wholegrain cereals, leafy green vegetables, figs, lentils, kidney beans, and some dried fruits.

In addition, the Vitamin C in fruits, vegetables, and other foods help vegetarians absorb non-heme iron from other foods, so it's a good idea to eat a combination of foods at each meal. Consider eating citrus fruits with an iron-fortified wholegrain cereal.

Because vitamin B12 is available only from animal products, it is one of the most common nutrients missing from the diets of vegetarian athletes. You require only a small amount (2.4 micrograms-per day) so try to eat B12-fortified foods like soy milk, and cereal. You can also get enough B12 if you consume eggs, cheese, milk or yogurt.

Although dietary supplements should not be used to make up for a poor diet, there are times when they can help prevent some deficiencies. Ideally, you should discuss the use of any supplements with your doctor and/or just use sound judgment.

All athletes are encouraged to eat a balanced diet that includes a wide variety of foods, but vegetarian athletes can be rest assured that they don't have to eat meat in order to get adequate nutrition for strength building. If you have concerns about your nutritional status, talk with your doctor or a registered sports nutritionist to review your eating plan and make recommendations.

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 Triathlon.

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!

TRIATHLETE SPOTLIGHT

Julie Rising

Profile – I am a 39-year old attorney living in Cambridge. My brother and sister both live in the Boston area along with my niece and nephew.

The “beginning” - My first triathlon was in June 2007. I got started as a way to motivate myself to step up my fitness level as a 30-something woman who had a sporadic fitness program. I chose triathlons because my brother-in-law was an elite triathlete in the 1990s and I have always been interested in the sport, but never



thought I could do it. He convinced me otherwise. After my first race, I was hooked!

Athletic Interests - I play tennis and ski. I was a casual runner before starting triathlons, and hadn't swum a stroke since high school when I got in the pool to train for my first race. Now the swim is my favorite leg of the triathlon!

Triathlon Accomplishments – My first year I did 3 sprint races, and was just happy to cross the finish line upright and conscious...I did two Sprints and improved my time slightly, which was a great motivator. In 2008/09, I came close to placing in my division, and improved my times significantly over the first race. Rather than just hoping to cross the finish line, I now have concrete goals for improving my pace and placing in my division.

Motivation – The fans, the friends, and the amazing sense of accomplishment every time I cross that finish line, and the fact that there is always another goal to be met – PB, a better swim, a better bike time, a longer race, etc.

Goals for 2010 – I am turning 40 this year, and I would love to do my first Olympic distance and would love to place in my division in a Sprint. Those are my concrete goals for the year. Overall, I just want to continue to enjoy the sport.

Something fun about yourself- I channel Dory the fish from Finding Nemo when on a steep hill on my bike, chanting "Just Keep Pedaling; Just Keep Pedaling..." until I get up that hill...

Spring is almost here!

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

WOMEN ONLY SWIM CLINICS

The excellent 2009 Swim Clinic success will be carried forward into 2010. Here are the key aspects of the Clinic:

- Aimed at Newbie Women Swimmers
- All in-water practice
- Free wetsuit use
- Limited to small # of participants
- Light refreshments to celebrate
- Private Swim Lesson Availability



The 1 ½-hr. Clinics are aimed at women athletes looking to become triathletes and for triathletes looking for more open water tips and experience. The program guarantees to ease the most common triathlon swimming fears such as the:

- infamous thrashing tri-start
- sighting to distant buoys
- swimming straight (no lane lines)
- open water panic attacks

This program is fun and not a race by any means! It's an excellent practice session for triathletes looking to build confidence and improve open water swim skills.

[Click Here](#) for more info & to Register!

Have a friend looking to become a triathlete? Pass this info along!

FRIDAY NIGHT PASTA PARTY FOR ESCAPE THE CAPE TRIATHLON



Escape the Cape Tri: Max Partners with Friends of the Pathway

Max is happy to announce a new partnership with the Friends of the Wareham Community Pathway, an organization that will make your race experience a memorable one with wonderful volunteers on race weekend. Friends will also be hosting a Friday evening Pasta Party! Stay tuned for details.

Who are the Friends of the Pathway?

The Town of Wareham enlisted SRPEDD to help determine a route for a proposed bikeway through the town. A connection between Marion and Buzzards Bay was sought, as there is a planned bikeway in Marion and an existing one in Buzzards Bay. A town-appointed Bike Committee was formed in order to explore possible bike routes, costs, and sources of funding.

SRPEDD staff and the Community Pathway Committee developed a proposed route with alternatives that was presented to the Board of Selectmen in May of 2008, which they approved, pending the results of a feasibility study.

The report outlines the process for selecting a desired route through the town based on cost effective engineering, construction and maintenance measures.

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Triathlon Seminars March 21, 2010

Noon- *INTRO TO TRIATHLON TRAINING*
Effectively train and prepare for your first triathlon.

2:30 to 4:00PM- *TRIATHLON INJURIES*
Tips on how to prevent injuries, manage them on your own, and know when to see a practitioner. Led by Dr. Kate S. Kelly, Chiropractic Physician at Active Recovery Boston, and accomplished triathlete

5:00PM- *SPORTS NUTRITION*
Get the competitive edge by using nutrition to your advantage. Led by Stephanie Shenton M.S.Nutrition, C.P.T., Integrated Wellness Coaching, triathlete, and personal trainer.

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