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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.

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

Hint: It took place in 2007



December Winner:

Q: On Average ____% of Max Racers each year fall into the beginner category.

A: 37%

Winner: Beth Paschal

SCOTT BROWN- MAX TRIATHLETE AND SENATOR

Last week's Special Election marked a change in the Massachusetts Senate that has not happened in quite some time. Scott Brown's victory marks the first time a Republican will hold the class 1 Senate seat since 1953. Scott ran a campaign that saw his popularity in the polls rise dramatically in the weeks leading up to the election. However, only local Triathletes know that Scott has also shown the ability to finish strong in Triathlon races throughout Massachusetts for many years.



The Senator Elect took a few minutes to chat with Max Performance after his victory.

MP: Congratulations on a successful campaign and victory this past week!

SB: Thank you, it was a good campaign and I'm looking forward to working in Washington to represent Massachusetts.

MP: Many regard your victory as a shift in the political landscape not only here in Massachusetts, but on a national level. How has your campaign been able to grab onto the independent voters?

SB: People care about their wallets and their pocket books. I think Martha Coakley is a nice person but she was wrong on the issues, including fiscal concerns and the position on terrorism. People want someone to head to Washington to represent their values and beliefs. My campaign connected with people and they made their voice know.

MAX 2010 RACE REGISTRATION

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

8.15

Sharon's Back Triathlon

9.12

Title 9 Women's Only Triathlon

9.26

Buzzard's Bay Triathlon

[CLICK HERE TO
REGISTER!](#)

NEW RACE ANNOUNCED!



Escape the Cape
Sprint Triathlon
Saturday June 12, 2010
Onset, MA

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,

MP: How did your Triathlon racing/training career begin?

SB: I started out in Duathlons and was on the U.S. National Duathlon Team in the early 1980s. I had the chance to travel around the world, which provided for some great experiences. I've been competing in Triathlons for about 15 years and really love it. This year I managed to reach All American status in my age group, so I'm happy with that accomplishment.

MP: With your busy schedule, how do you find time to fit in training and reaching such a high level of racing? You've been able to finish in the top 10% overall at most races this year!

SB: It worked out well this campaign. I finished up the season at Buzzard's Bay in September and signed papers the next week. It was a natural way to shut things down and focus on the Special Election campaign. I treated the campaign like a Triathlon. Balance was key. I was fortunate that once in a while I would ride on the bike and get some weight training in. A strong nutritional plan helped me stay healthy, especially on those days when I was getting 4-5 hours of sleep. I didn't get sick, so I can attribute that to my background in Triathlon training.

MP: What do you enjoy most about Triathlons?

SB: I really enjoy the friendly competition at races, especially between guys in my age group. Most of us aren't going to the Olympics, so racing locally and competing with these guys is what makes the day rewarding. When you finish the race and everyone is talking about how they did, that's fun. I've really made some great friends through the sport of Triathlon.

MP: What's a typical training day for you while in season?

SB: I like to get in a du or a tri almost every day. It might not seem that conventional, but I'll try to break workouts up and get in a 1500-meter swim with a 4-mile run. Other days I'll ride for an hour, swim for 1000 meters and get in some weights. It's all about balance.

MP: Tell us more about your schedule and balancing triathlon with life?

SB: I'm a father, husband, Senator, businessman and triathlete. Balancing all these roles is so important. I love triathlons and I'm always thinking about when I can fit them in my next workout. But you have to make certain that it doesn't affect your family life. So, I'm up at 5AM getting in a bike workout or maybe sacrificing a lunch hour to go for a run. I think that every triathlete out there can relate to these experiences.

MP: What advice can you give to our readers?

SB: You can have it all. With discipline and commitment, you can reach your goals. It's not an easy path, but with dedication you can achieve everything you strive for.

MP: We heard that Senator Kerry is interested in doing a Triathlon with you. Sound like a good idea?

SB: It's great that Senator Kerry is interested in Triathlon. I've been competing in Triathlons for years and I'll continue to do so. If he decides to participate, it will be great for the sport. It will bring more exposure to Triathlons.

MP: Now that you'll be traveling to Washington more frequently, do you feel we'll still get to see the Senator racing in Massachusetts?

SB: Oh, I'm sure I'll fit in a few races here and there.

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!

[Click Here](#) for More Info!

REGISTRATION COMING SOON!

TRI-MYTH BUSTERS



Caffeine Should Be Taken Sparingly by Triathletes

Doubt It!

Coffee helps race pace and other things. A quick shot of pre-race caffeine may help improve your times, says a study in the Journal of Science and Medicine in Sport. Ingesting the equivalent of an 8-ounce cup of coffee improved the 5-K times of both recreational and advanced runners by an average of 10 to 12 seconds, compared with taking a placebo. Caffeine may also alter pain perceptions, allowing you to run longer and more intensely. Actually, if we reprinted all the articles we've seen over the last few years on the benefits of caffeine, this newsletter would be 20-pages long. Caffeine is your friend.

TRI LINGO

Kettlebell

MP: Thanks Senator and best of luck!

MOTIVATORS TO HELP YOU GET BACK IN THE POOL

Still fear the reaper, a.k.a. swim segment of a triathlon? Know you have to get in the pool more this winter but can't quite find the motivation? Maybe these tidbits will help you beat the procrastination gremlins.



- **Be a kid again** – swimming is still a new sport for over 90% of triathletes. So, remember that although learning a new sport takes time, how many other friends do you know that picked up a new fitness regimen as an adult?
- **A good workout doesn't have to be long** – most triathletes can get in a good swim and a shower in less than an hour. That's not much time at all compared to most other workouts.
- **Post-swim high** – whether you're at work or at home, the mental and physical feeling after a swim is very rewarding.
- **Muscles are minimally sore** – you're not pounding your legs or your knees in the pool compared to cycling and running. And if you're doing some "dryland" strength training once a week, you probably will not have sore muscles after a winter swim.
- **Give your legs a break** – they deserve to be pampered a little since you use them way more than your upper body on a daily basis.
- **New = fun** – after a short hiatus from the pool, you'll feel good again about breaking up your workout routine.

ALZHEIMER'S ASSOCIATION AND MAX PARTNER

alzheimer's
association

'10 run
for the
memory

The Alzheimer's Association is excited to announce our most recent development into the sport of Triathlon. This new program with Max Performance is a division of the Run for the Memory Team. Our goal with this partnership is to support a race series that we truly believe in - and to offer Max Performance athletes the opportunity to enhance their racing experience. Fundraising for a cause adds new meaning and purpose to the training season. It can be a powerful motivator and instills an even deeper sense of pride and accomplishment on race day.

My mother was diagnosed with Alzheimer's in 1993, and over the next 10 years we watched her slowly slip away from us. Alzheimer's is a disease that robs a person of a lifetime of memories. As the disease progresses – so does its impact on the family. The caregiver is hit the hardest – dealing with the ever-increasing physical and emotional

The kettlebell is a weight that looks somewhat like a cannonball with a handle. The kettlebell has a reputation amongst its followers as being able to condition the whole body with a relatively simple plan. Kettlebell workouts are intended to increase strength, endurance, agility, and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. You don't have to own a "set" so they are a cost-effective addition to any at-home gym or can be found at most health clubs.

TABOO TOPICS

Should I use a Boring Treadmill?



Hey, I don't love them either, but they make a great ingredient for your training plan in the cold, dark months. If you need a few reasons to adopt one for the winter, here you go:

- Less layering, less shivering and less clothes to wash
- No need to obsess about the weather channel or internet forecasts in advance
- The belts demand even paces which is much more difficult to do outside
- Rushing outside while there is daylight is not necessary anymore
- Cushioning is better on all your joints. You can mix up workouts easier if you want to try Tempos, Intervals or Hill Repeats

burden of supporting their loved one.

As I was preparing for my first triathlon in 2007 I remember thinking that such a significant amount of preparation and effort had to be capable of doing more than just get me across the finish line. At the time I was unaware of any programs that offered me the opportunity to support others with my efforts, but soon after I found the Run for the Memory team.

This is an exciting time for the Run for the Memory team as we work to expand our platform to new races. A program that started with a few runners in the 2002 Boston Marathon has since grown to include such races as the New York and Chicago Marathons, Falmouth Road Race, Reach the Beach Relay, and Boston's Run to Remember. In the process we have raised over \$1.1 million for the Alzheimer's Association – money used to support families currently dealing with the disease as well as cutting-edge research towards better treatments and a cure.

We look forward to our partnership with Max Performance and are pleased to be associated with a first-class triathlon series. If you are interested in racing for FREE while raising money for the Alzheimer's Association, please contact: Michelle Gonzalez (617) 393-2047 Michelle.Gonzalez@alz.org.

Brian Casey is a Team Leader for the Run for the Memory Program. He's a Triathlete, Marathoner and enjoys finding new ways to challenge himself and his teammates in support of the Alzheimer's Association. For more info visit www.alz.org

NUTRITION NEWS: NUTRITION NEEDS ARE DIFFERENT IN COLD WEATHER

Exercising in the cold weather brings some unique challenges for athletes who train outdoors in the winter. Triathletes who exercise in cold weather need to take a few extra precautions in order to stay comfortable, safe, and still perform at an optimal level when temperatures drop.



Aside from just bundling up, what you eat and drink before and during cold-weather exercise can also help you perform your best. Proper nutrition helps regulate your core temperature, keeps your body warm and provides enough fuel for your working muscles. In warm weather it's easy to sweat to regulate your temperature and remove excess heat, but in cold weather you need to generate more heat to stay warm.

In the cold weather your body temperature normally drops. Your metabolism increases to warm and humidify the air you breathe and you tend to burn slightly more calories to keep your temperature up. Breathing in cold, dry air forces your body to warm and humidify that air and with each exhalation, you lose significant amounts of water. Winter athletes need to consciously drink more fluids to replace the water that gets lost via respiration. Most people feel they don't need to drink as much water if it's not too hot out and this becomes one of the biggest nutritional needs during winter exercise. Dehydration is one of the main reasons for reduced performance in the cold.

MAX WEBSITE UPDATES

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

www.maxperformanceonline.com

NOW THAT'S A TRIATHLETE!

"It was a wonderful race. I finished 5th in my age group, and came to find out there were 5 in my age group. But I finished and was thrilled to cross that finish line still standing."

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!]*

- "Lisztomania" by Pheonix
- "Telephone" by Lady Gaga featuring Beyonce
- "One Way" by Blondie
- "Devil Inside" by INXS
- "Cousins" by Vampire Weekend
- "Hanuman" by Rodrigo Y Gabriela
- "TiK ToK" by Ke\$ha
- "Should I Stay or Should I Go" by The Clash

Ideal foods are complex carbohydrates consumed about 2-hours prior to exercise. Soups, chili, bread, bagels, pasta with tomato sauce, baked potatoes, cereals, peanut butter, lean meat, and low-fat cheese are good choices since you need to burn more calories to keep your temperature up.

It's also important to eat continually to replace carbohydrates that are being used for exercise and warming. If you don't replace this energy you will likely feel more fatigued and chilled. Plan ahead and bring energy bars or other nutritional supplements

BEGINNER'S CORNER: BIKE JARGON MADE EASY

Gears, Cogs, Chainrings- what does all this mean?

Own a bike but not sure on what the technical terms mean? Want to take a spin class but are afraid of instructor terms? Thinking about buying a bike? Here are the basic terms surrounding important parts to answer these questions.

Chainrings & Cogs

There are sprockets on the **front and back** of the bike. The fronts are called "chainrings" and they're located on the crankset, the part that the pedals are attached to. The crankset comes with 2 (called a "double") or 3 chainrings (called a "triple"). Triple cranksets include a small inner chainring (sometimes called a "granny") that offers easier hill-climbing gears.

The sprockets on the rear of the bike are called "cogs," or, if you're referring to the entire cluster of gears, it's called a "cassette" or "freewheel." The cassette is attached to the rear wheel to drive it as you pedal. Depending on the components on the bike, there will be from 8 to 10 cogs on the rear cassette.

How Many Gears?

To figure out how many total gears are on a bike, simply multiply the number of chainrings by the number of cassette cogs. For example on a model with a triple crankset and a 10-cog cassette, you have 30 gears -- quite an upgrade from the 10-speeds so popular years ago.

How many gears to get depends on how and where you ride. If you're reasonably fit and bike in flat to rolling terrain, you'll be fine with a double chainring and 8 to 10 rear cogs. If it's hilly and you're getting into shape, consider a triple chainring and its easier gears.

When considering how many rear cogs to get, keep in mind that you'll have plenty of gears even if you get an 8-cog cassette. If you go to more cogs, you can either get a wider range of gears or more-closely spaced gears. The latter is excellent for racing and training because it makes it easier to fine-tune pedaling effort. Wider gearing offers easier low gears so it's ideal for mountainous riding and for when you're not in tip-top shape.

Know Your Numbers

Don't let the numbers confuse you. Spin class cue sheets (and instructor callouts) refer to the chainring and approximate cog respectively – think front and back. They usually keep it simple by using only the numbers 39 and 57 for the chainrings (double) and 12-20 for cogs. So, a "39x15" would mean the small chainring (front) and about the middle cog (back).

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

Team Hole in the Wall

Souls 4 Soles

MAX PRAISE

"You have the most wonderful, enthusiastic volunteers around. Every one of them is smiling, helpful, encouraging. I can't say enough good things about them. I realize these races could not be successful without them and truly appreciate the time they give to us. The ride and run were awesome. It may have been in the 80's but somehow the course pretty much stayed in the shade. Thanks for an awesome day!"

-Kathy H.

OFFICIAL SPONSORS

[Active Recovery Boston](#)

[B&S Fitness](#)

[Clark Community YMCA](#)

Pondering a Triple

Many people wonder whether or not they need a triple crankset. Our advice is that it depends a lot on how and where you ride. If you like the hills, ride fairly long distances, sometimes carry gear and aren't training all the time to be in optimum fitness, a triple is a great thing to have. Even if you don't use the small chainring all that much, it can be a lifesaver at the end of a long ride when a tough climb stands between you and home.

Even some competitive riders favor triples, though if you're really strong, you may decide to forgo the additional grams of a third ring. Also, a triple-chainring drivetrain shifts slightly more slowly than a double, which is a consideration in a race when a slow shift can cost you a podium spot.

Cassette Considerations

You may also want to know a little more about the range of gears on your rear cassette. Here's a guide to some commonly available sizes and what they're designed for:

Cassette	What it's good for
11-12	Stronger/competitive riders on flat courses
12-23	stronger/competitive riders on varied terrain
12-25	a combination that begins to favor climbing
12-27	offers significantly easier climbing gears

ARTICLE REPRINT: INDOOR TRAINERS TO GET YOU THROUGH THE WINTER

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.

As the cold winter days approach, don't let your cycling fitness go out the window. If you haven't purchased an indoor bike trainer, then now is the time. Sure, you can take spin classes at the gym or simply rely on running and swimming this winter. But why not have your own trainer? An indoor bike trainer is really quite essential in the triathlete's arsenal of toys. We highlight the benefits of using a trainer this winter and the different types of trainers on the market.

Isolate Weaknesses: A bike trainer can help you work on weak areas in your pedal stroke by isolating points along the "clock." Drill work can help you focus on the upstroke (the weakest area - identified from 6-12:00) as you move through your entire pedal stroke. Or you can target one leg drills on your trainer. Both of these drills translate into big gains during race season.

Aerobic Fitness: You can maintain and even increase your aerobic fitness through riding on a trainer this winter. Following workout plans or cycling videos can help you bring your aerobic capacity to new levels. Endurance Films and Spinervals are some of our favorite videos!

Indoor Benefits: You can ride on your trainer any time of day, with ideal conditions, free of rain/ice on the roads. Plus, you can track

[Hammer Nutrition](#)

[iRunLikeAGirl](#)

[Old Colony YMCA](#)

[v3 Multisport](#)

[Triathlete Sports](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

progress by completing some of the same workouts at different points along your winter training program.

Types of Trainers: (Rear wheel stationery trainers)

Wind: This is the most basic and least expensive type of trainer on the market. Wind trainers are based on resistance from a small fan, but can be a bit loud. It's designed for people looking to complete general indoor workouts with low/moderate interval work. Highly skilled cyclists may find the wind trainer resistance too easy when reaching higher intensities and cadence.



Magnetic: Magnetic trainers offer adjustable resistance, as they act proportionately to the amount of resistance applied to the pedals. By using magnets, versus a fan, this type of trainer is quieter than a wind trainer. Magnetic Trainers offer a more realistic simulation of climbing, sprinting, and spinning.

Fluid: Becoming very popular for many reasons, fluid trainers use a fluid-filled closed reservoir fan for resistance, while providing a smooth and quiet ride. Fluid trainers supply additional resistance as the speed of the wheel increases and closely resemble the feeling of actual road riding.

Rollers & Computrainers: Computrainers also a rear wheel stationery trainer at the high end of the market. A Computrainer provides many sophisticated technical aspects of your workouts, analyzes data, provides Power Output and allows you to complete terrain of Ironman Bike Courses while you watch on a monitor! Rollers are an alternate to rear wheel stationery trainers and provide great workouts for balance and spinning. There is a learning curve associated with using rollers and should be used carefully.

Bottom Line: Use the information above to help make your first purchase a wise one or upgrade your current trainer to something more technical. We like a variety of models by CycleOps, Blackburn and Kurt Kinetic. There is a trainer for every type of triathlete and cyclists.

Bike Trainer Workout Example

Goals: strength, technique, aerobic combination

Customization Options - these sets are great because you can change any variable listed (except the actual drill description) to fit your fitness level, training stage and goals. Make sets longer, easier, higher RPMs, etc.

Warm-up, Cool down – 10-min each

Time	Gear	Drill	RPE	HR Zone
2:00	53x13	Alt. Stand/ Seated :30/:30	13/14	2/3
:30	53x13	Seated Recovery	10	1
2:00	53x13	Alt. Stand/ Seated :20/:20	13/14	2/3
:30	53x13	Standing Recovery	10	1
2:00	53x13	Atl. Stand/ Seated :10/:10	13/14	2/3

Time	Gear	Drill	RPE	HR Zone
1:30	39x16	Iso Leg Spin Up Right	13	1/2
1:30	39x16	Iso Leg Spin Up Left	13	1/2
1:00	Little Ring	Easy Spinning to Recover	10	1
1:30	39x16	Iso Leg Spin Up Right	13	1/2
1:30	39x16	Iso Leg Spin Up Left	13	1/2

TRI DOC ADVICE: ARE SAUNAS HEALTHY?

Taking some time to enjoy a sauna as part of your health club perks? We've received a few questions recently about the benefits of making the sauna your friend. Specifically, what, if any, benefit do we get from a properly executed sauna? If your heart rate is elevated, is there a cardio benefit? Can we also assume that with increased heart rate we enjoy some increased circulation and removal of waste products from muscles?

A sauna is fine for relaxing, but we would not consider it a workout. Some of us actually use hot and cold tubs if we have the time. By alternating between hot and cold temperatures, the blood vessels dilate and constrict, so there's a pumping action. This increases blood flow, which is important for muscle recovery. You can get a similar effect in the shower by alternating warm and cold settings. Build up to longer durations under cold water if you work out in the morning. It will leave you feeling focused, energized and ready for the day.

MAX'S FEATURED RACE OF THE MONTH



New England Season Opener Duathlon & Triathlon May 9, 2010 Hopkinton State Park

*Sprint Duathlon: 2 Mile Run, 10 Mile Bike, 3.1 Mile Run
Sprint Triathlon: 1/4 Mile Swim, 10 Mile Bike, 3.1 Mile Run*

The NE Season Opener at Hopkinton State Park is the best kickoff race to the season. Your choice: Duathlon or Triathlon! The State Park is a beautiful location with tree lined park roads and a picturesque reservoir. The course travels through historic Southborough, Ashland and Hopkinton. Whether you compete in the Du or the Tri, this is an

early season race not to be missed!

Last years race sold out and slots are filling out fast! Register soon to secure your spot!

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

TRIATHLETE SPOTLIGHT

Becky Teubl

Profile: I'm a Registered Nurse and have worked oncology and hospice for most of my short career (graduated in 2008). I live at home with my family. I have four brothers and three sisters. Most of us split the line of medicine or linguistics in terms of our career interests, though one of my brothers somehow got lost and ended up as a pilot. All of us love sports and family outings include hiking, beech volley ball, Frisbee, or in more select groups biking, horse back riding, skiing, running, and dancing (swing and folk dancing especially).



The “beginning” - Through my high school years I worked as a lifeguard. This provided ample opportunity to swim. I took advantage of it eagerly and also sporadically biked to work and ran short distances. When I was 17 I started college, studying nursing, and began an organized workout routine to help maintain my sanity, breaking up the long, tedious hours of studying. During those months of working out my mom jokingly suggested I train for a triathlon. At first I laughed at the idea, thinking that triathlons were only for hard-core athletes. When I began to research triathlons, however, I found that this was not so and that the shortest distance, the sprint triathlon, was within my training ability. I raced for the first time when I was 17 and have continued to race every year since then completing my first Olympic race last summer when I was 22.

Athletic Interests - Throughout my childhood I was the classic horse-loving girl and was thrilled to be given the opportunity to train my own horse in my teen years. Volleyball, hiking, ice skating/hockey, ultimate Frisbee and any other social sports have always caught my interest.

Triathlon Accomplishments – The first year I raced my goal was simply to complete the triathlon and I met it. In 2007 I placed 2nd in my division and in 2008 I placed 3rd. This past year I bumped back to my first year's goal and happily completed my first Olympic race smack dab in the middle of the pack.

Motivation - I love racing. Every bone in my body is competitive. I love excelling at things, and I love speed sports (hence, biking is my strongest leg). Training for a race always sounds more appealing than going to the gym to workout and gives me a goal to work toward. It also provides opportunities for me to reach out to my less athletic friends and help them achieve personal fitness goals. In 2009 eleven youth from our church formed the Tri Training Team, trained together all summer, and in July raced in the Massachusetts State Triathlon. Besides me only one of them had ever competed in a triathlon and seven of them had never competed in any athletic event. Seven of

the eleven of us placed in our divisions. I find this inspiring and remarkably rewarding.

Goals for 2010 – 2010 goals include my first team triathlon. The bike, my leg, includes 3000 feet of climb. My second goal is a team sprint race with my 54 year old mother and 81 year old grandmother—they've agreed to do it. My mom is a lifetime swimmer and my grandmother raises German Shepherd guide dogs and hence is accustomed to walking longer distances. I will be biking. I am also helping construct teams for youth and adults alike in our church who are interested in learning about fitness and competition. So far over 30 people from our small congregation of about 100 have expressed an interest in training for a race.

Please share something fun about yourself- On my bucket list: Ride a horse on a white sand beach, do medical mission work in Pakistan, raise and homeschool my kids (of which I now have zero—this is future), do ICU nursing and fly in a medivac helicopter.

Stay warm and healthy!

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!

BEAT THE BLUES WINTER FITNESS OFFER!



STAY IN SHAPE THIS WINTER!

B&S Fitness is offering a Beat The Blues Program to help you get 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
Periodic monitoring by email, phone or in person to keep you on track!
Nutrition Guidelines
AND MORE!

Contact Brandi Dion at bnsfitness@yahoo.com to get more info!

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Salem, MA
978-204-8588
www.bnsfitness.com

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Winter Triathlon Seminar

2-21-10

Noon: Fear of open water

2:30-4pm- Time Trial Positioning and Aerodynamics

5pm- Intro to Bike Maintenance

Expanded Services

v3 Multisport now offering:

Computrainers

USAT Certified Coaching

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