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YOU DON'T HAVE TO BE A PRO TO HAVE FAST TRANSITIONS

Happy with your training and race segment progress but want faster transitions? Follow these easy-to-do tips:

Age Grouper looking for faster times:

- **Know the transition area** – run in, bike exit, bike mount & dismount spots, run exit and precisely where your T-area spot is located relative to all the above.
- **Swim exit** – let the zipper pulley string hang free so you easily grab it exiting the swim. Pull it down along with the top ½ of your wetsuit prior to taking your goggles and cap off, i.e. so your hands are free to do that.
- **Feet rinse** – use a plastic basin or quick water bottle squirt so your feet are free from sand.
- **Organized bike gear** – rest your helmet on your handlebars or aero bars with straps open facing you so you don't have to turn it around. Have your sunglasses open in your helmet. Put your sunglasses on before your helmet. Have your bike in the right gear for exiting the T-area, e.g. it should be in the small chain ring if you're climbing a hill right away.
- **Don't drink in the T-area** – you can drink on the bike very shortly and it saves time.
- **Socks and Run Gear** – have your socks rolled down already and inside your bike or run shoes. This lets you slip them on more quickly. Use elastic shoelaces (e.g. Yahtzee) on your sneakers so with one pull you're off.



Age Grouper looking to finish Top 10:

All of the above plus:

- **Bike shoe management** – have them on your pedals in the T-area (no socks). Make sure the straps are opened and not grabbing the chain rings. Put the cranks on a 9 o'clock position so your shoes won't hit the ground, or even better, use rubber bands to secure the shoes on the position.
- **Flying mount** – run your bike past the mount line, lean it towards you a little and hop on the seat. Practice this pre-race day on a grass field for obvious reasons. Step on top of the shoes and then holding the front of each shoe, slip your foot into the shoe and fasten the Velcro.
- **Cowboy/girl dismount** – with about 100 yds. or so from

MAX RACES SELECTED AS NEW ENGLAND TOP 10

Max races are proud to be consistently featured as some of the most popular races of all time & the most popular planned races in Massachusetts by www.BeginnerTriathlete.com

TABOO TOPICS FOR TRIATHLETES

What's the big deal about having a "proper bike fit?"

You contact your bike in 3 areas. Your handlebars, your pedals and your seat. The positions of these 3 contacts relative to each other will determine your comfort and efficiency on your bike. There is a trade off though and a bike that fits you well for fast acceleration will not handle as well as another bike set-up differently.

Max recommends that before shopping for a bike; you visit a shop which offers the "fit kit" package. Have them measure you and calculate the dimensions of the bike fit you need. Not only should they tell you what size frame, but how long the top tube should be, the handlebar width, crank length, chainstays, etc. relative to the type and distances you'll be riding. All these little things add up. Don't settle for less. You like wearing the proper size clothing and your bike is no different!

the dismount line, slip your feet out of the shoes and rest them on the top. With about 25yds. left, take your right leg over the frame and ride the rest of the way with it behind your left foot – sidesaddle. Step down with your right foot and then left as you run your bike to the T-area.

THE REAL SKINNY ON AERODYNAMICS

*It's not just being strong that makes you a good cyclist.
(extracted from MIT published Wind Tunnel research – not triathlete heresy)*

Can you pass the following aero-test?

1. What produces more drag – your wheels or your helmet?
2. True or False – 75% of how fast you go is determined by your body positioning?
3. Does water bottle placement drastically affect aerodynamics?

Here are the answers to these questions and some additional rules of thumb for **all triathletes**. Here's how to increase bike speed without spending big bucks.

Want to increase your bike speed and spend money wisely?

- Any speed above 12 MPH makes it worth being in an aero position on aero bars
- A nonaero helmet creates 4x the drag of a nonaero wheelset
- Roughly 2/3 of drag is created by the cyclist
- Cable routing actually affects aerodynamics materially
- A water bottle on your seat tube is much more aero than one on your down tube
- Making your race number fit flatter drastically affects aerodynamics
- Your bike accounts for about 15-25% of your overall drag

The MIT ranking of value in terms of cost/second saved for practical triathletes is:

1. Detailed factors, e.g. cable routing, race #, etc.
2. Helmet
3. Position
4. Frame
5. Wheels

Note - the water bottle shape was actually considered 2nd most important but was tested using a MIT custom designed one not available to the public.

There are trade-offs though, between body positioning aerodynamics and power output efficiency. It's not effective if you are super aerodynamic but losing lots of pedal power because of your positioning. Proper bike fit will help you in this regard since it determines a *comfortable and aerodynamic position* on the bike.

Final Takeaways

So, you now have more information on whether to spend \$2,000 on a wheelset or \$200 on a helmet. Aerodynamics is critical since a 5% improvement can mean big time savings. Every rider is different too, so there is no single right answer for everyone.

TRI LINGO

Plyometrics

Plyometrics is a type of exercise training designed to produce fast, powerful movements, and improve the functions of the nervous system. Plyometric movements, in which a muscle is loaded and then contracted in rapid sequence, use the strength, elasticity and innervation of muscle and surrounding tissues to jump higher and run faster. Plyometrics is used to increase the speed or force of muscular contractions.

These are Great exercises for reducing your chance of a tri-injury and building your strength and speed.

NOW THAT'S A TRIATHLETE!

In the Transition Area 30-minutes prior to race start...

"I could use some help filling up my tires please. Just fill them up til they're hard and that would be great."

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!]

- "Till I Collapse" by Eminem

- "Back in Black" by AC/DC

TRI DOC ADVICE: BEATING SPORTS INJURIES WITHOUT LOSING FITNESS

(or, Overcoming Common Injury Myths)

Runners knee, rotator cuff issues, planters fasciitis, shin splints, etc. – unfortunately fairly common triathlete injuries that can put a real damper on your season – only if you let them!

Tons of new research (and Max RDs experience) is showing that pampering pain is actually worse than tough love. Okay, we're not talking about breaks or severe tears, but about the more common injuries that will eventually affect all athletes if you make fitness a true part of your lifestyle. We'll call these "recurring aches" and they usually arise in one of three ways:

1. Repetitive microtrauma e.g. doing the same workouts too often
2. Imbalances in our movement chain – e.g. a weak core can cause lower back pain
3. Mechanical injury – e.g. take a spill on your bike

The primary reasons to favor the 'active recovery' trail rests with benefits associated with addressing the results of the injuries, e.g. inflammation, tendinitis, scar tissue, etc. and with addressing the source of the pain. The latter is important because the area that hurts is commonly *not* the source of your pain. No mistake about it, you'll be sore after exercising your nagging pains. But mildly stressing the problem spot helps repair damaged tissues and stimulates healing.

Here are some final injury tidbits to consider in order to work through common pain, to prevent injuries and to speed recovery:

- Seek out a Physical Therapist and/or Chiropractor – they're experts at our body's chain and in active recovery techniques.
- Don't rely solely on MRIs – they usually just show major damage to ligaments and tendons but can miss soft-tissue imbalances.
- Focus on technique – you can heal an injury but if your technique/form is out of sync, the injury will keep coming back.
- Take an inflammatory prior to workout – ibuprofen pre-workout can help reduce post-workout pain and swelling
- Runner's knee – pain around the knee (Patella tendon) can be lessened if you make your hip abductors stronger. Think one-leg squats.

HOT TO PUT TOGETHER A GREAT TRIATHLON-FAQS FOR RACE DIRECTORS

We receive numerous questions, compliments and suggestions regarding race organization, location, preferences, etc. So, we thought it would be fun to share the more common ones.

What are the backgrounds and make-up of the key members of your team?

Basically triathletes and folks with experience and pleasure in helping others. Several of us ran an event planning organization in

- "Ball and Chain" by Social Distortion

- " Gimme Three Steps " by Lynyrd Skynyrd

- "Boom Boom Pow" by the Black Eyed Peas

- " Waking Up in Vegas" by Katy Perry

- "The Anthem" by Good Charlotte

- "Right Round" by Flo Rida

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

Team Hole in the Wall

Souls 4 Soles

MAX PRAISE

"The event venue was first rate. The park itself was spacious and very user friendly. No problem with the swim. The bike course was great. It had everything - fast flat areas, a nice climb, and very little car traffic. The run was AOK too - quiet roads, shade, and plenty of water stations. You met the challenge of holding a sprint and international distance events on the same course at the same time very well. I had expected some

the past, several are healthcare professionals (e.g. PT, Chiropractor, Nutritionist, Fitness Instructors, Occupational Therapists) and others come from varied backgrounds.

Is Max Performance a business or a hobby? Do you guys make good money doing this?

Max is a business and we do make a minor amount of profits over the course of a season. We are not very profitable because we're generous to local charities, spend lots on our races (Police, EMS, hired help, a great DJ, etc.) and limit the number of participants.



Why does Max limit the # of participants?

Simply put, for safety and organization purposes. We just don't think the extra cash raised by jamming in lots of participants is worth the associated risks, e.g. too many to watch in the swim (# of deaths/year has been increasing in triathlon alarmingly), too many people on the bike course simultaneously, etc. And the ability to control all the activities becomes more difficult.

How long does it take to plan each race?

It's a cumulative exercise since we fine tune each race each year. We will say that we have 7-8 focused checklists that each have 25-30 items to make sure are covered very well. So, it takes a while.

What are the most important criteria in picking your race sites?

We mostly look for a balance between safety on the roads, location beauty and travel distance for triathletes. It's a trade-off since plentiful country roads (e.g. Buzzards and Mass. State) are fantastic since you see minimal cars but you have to travel a bit to get to the sites. We also look for privacy and local cooperation and enthusiasm since we're asking residents to change their lifestyles for our events.

How do you measure course distances, especially the swim?

With very excellent accuracy if we had to admit. See the following snippet for more details.

HOW DO RACE DIRECTORS MEASURE RACE DISTANCES?

We receive numerous questions about this because triathletes question their times (of course) but mostly from other non-Max races. We can't comment on other race distance accuracies but here's how we do it:

Swim

Garmin 76cx - this handheld allows us to map our swim courses on the PC using exceptional software that interacts with Google Earth! The swim course buoys are pinpointed and loaded into the handheld for race week planning while one RD is in a kayak and one in the water. When the time comes, we use the handheld to verify the exact locations of buoys along the swim course. Each of the Garmin Products tracks up to 12 Satellites at a time to ensure precise measurements. Distances between buoys (and total distance) is also confirmed from a kayak and the shore using a **Bushnell Laser Rangefinder Yardage Pro**.

interference between the two but it just didn't happen. Well done."

-Brad H.

OFFICIAL SPONSORS

[B&S Fitness](#)

[Brightroom](#)

[Charles River YMCA](#)

[Clark Community YMCA](#)

[Hammer Nutrition](#)

[Lock Laces](#)

[Old Colony YMCA](#)

[Quad Multisport](#)

[Sage Chiropractic](#)

[Triathlete Sports](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

Bike and Run

A Garmin 305 wrist watch accurately measures both the bike and run courses. Even when a run course heads onto some trails, the 305 has it covered. Bike distances are also measured by one of our bike computers, like the **Cateye Astrale 8**.

[Mapmyrun.com](#) brings all of our GPS and bike computer measurements to the athlete. We place the bike and run courses on Mapmyrun.com so you can check course maps to see elevation, distance, and to interact with the courses.

BEGINNER'S CORNER: NEWBIE MEETINGS

Are you a newbie signed up for your first ever triathlon with Max? Or maybe you've run a couple tris but still get the pre-race jitters? Well Max offers Newbie Meetings a couple of days before each race. The 1 hour meeting is non-mandatory but its helpful for beginner triathletes looking to ease some fears and gain peace of mind before Max's race.

All Max Newbies are welcome to attend the meeting held at Quad Multisport in Arlington, MA on the Tuesday or Wednesday night before the race. At the meeting an RD will go over course routes, have a mock transition area, and answer any and all questions regarding the race. "Every question is a good question!"

And there's more too! Quad Multisport will be holding a **Special Sale** that night! The store will only be open to Max participants. *All items will be 20% off and many items are drastically reduced!*

Max's Newbie Meeting for the Mass State Triathlon will be Tuesday July 21st at Quad Multisport in Arlington, MA. An email invite with more info should be arriving soon to all those who have registered as newbies! We hope to see you there!

INCREASE YOUR RUNNING TIMES THROUGH PROPER SHOE FIT

If you're serious about your training program, bike fit and apparel, then you should consider what type of running shoes you're wearing. It's easy to buy the top of the line shoe because \$ equals comfort. Right? Wrong! Shoe fit is paramount. An improper shoe fit is one of the most common reasons that injuries occur at the foot, knee, and even the lower back.

First, let's figure out your foot type, and then you can select a shoe. An easy way to do this at home is by completing The Wet Test on your own.

Here is what you'll need: cookie sheet, paper bag or construction paper, water and a towel.

First, take your shoes and socks off and lay the cookie sheet on the floor. Place the water into the cookie sheet and lay the paper bag in front of the cookie sheet. Step into the cookie sheet with one foot and then step onto the paper bag. Observe the marking of your foot on the paper bag and ask the following questions:

What does your arch look like? Is there a noticeable curve with a moderate amount of arch showing? Then you're lucky, you've got a **Normal Arch**, which means you have an average amount of pronation during your running stride and you don't roll inward excessively. Pronation is a normal response by your foot to absorb force when walking or running. With a Normal Arch you can get away with many different shoe types, including Stability shoes that provide a moderate amount of arch support or for lighter weight runners, a Neutral Fit might be more comfortable while providing less arch support.



Do you have a whole lot of foot showing? Like a blob? Then you have a **Flat Arch** and overpronate while running and walking. This can lead to many common foot injuries including plantar fasciitis. Stability shoes or Motion Control shoes are best for this arch type. Stability shoes will provide midsole support to reduce pronation, while Motion Control shoes will help the heavier weight runners and severe overpronators.

Very little arch showing? Then you have a **High Arch**, the least common foot type. This type of runner has very little pronation, in fact they may run with emphasis on the outside portion of the foot, known as supination. Ill effects of this foot type may feel it in the knees or Iliotibial Band Syndrome. (IT Band). Neutral fit shoes are best, as they promote the foot to roll inward and absorb shock.

Bottom Line: If you haven't tried this simple test, give it a shot so you can determine the best shoe type for your foot. Want to know which shoes on the market are best for you? Ask your favorite running shoe store owner or wait till next month when we list several in each category!

TRIATHLETE SPOTLIGHT

LAUREN CARTWRIGHT

(pictured on right)

Profile – I am a Client Service Manager at an Investment Management bank in Boston, MA. I do not have a family of my own but I do have two parents, two younger siblings, and my boyfriend of five years (who I am still trying to convince to do a tri with me) who are all extremely supportive. You can always find one (if not all) at one of my races cheering me on.



The “beginning” - I first started doing triathlons in 2007. One of my co-workers was telling me about his experiences participating

in triathlons and I was so intrigued that I took on a sprint tri. I purchased a road bike before my first race and luckily I have stuck with triathlons so the purchase was not in vain. I was so nervous for my first race that my only goal was to not walk during the run (mission accomplished) and I did not wear a wetsuit because I was too nervous that I would not be able to get it off.

Athletic Interests - In addition to triathlons, I enjoy playing soccer and golf. I play golf almost every weekend and I currently play once a week on an indoor soccer team.

Triathlon Accomplishments – In 2007, I participated in three triathlons all at the sprint level in Massachusetts. As I mentioned before, my accomplishments in 2007 consisted of not walking during the run and successfully getting in and out of my wetsuit. In 2008, I recruited my aunt and uncle to race with me. This year, I participated in the very windy NE Season Opener Triathlon and I plan on racing in two others in June and July.

Motivation - A lot of times when someone finds out that I do triathlons they are either impressed or think I am crazy. I love the variety that training for a triathlon provides so I never get bored and I am able to stay in shape while working towards a goal. I also enjoy the rush you get once you cross the finish line. It's addicting!

Goals for 2009 – I would like to crack the top five in my age group. But before I am able to do that I seriously have to improve on my run times. I also make it a point to recruit someone new to the sport each year and hopefully get them hooked!

VACATIONING WITH A BIKE

and your family too!

Ahh, the age old question- is it worth shipping your bike for your vacation?

If you own a bike bag, this article is moot. If you've already tackled the "I need to ride my bike on vacation debate from a fitness and family perspective," here are some tips to help get you a good answer.

The ideal situation is to rent a comparable bike at your destination to save, money and the hassle factor of bringing yours. But what tropical (or even US) location carries 'comparable' road/tri-bikes? Biking is an essential part of a triathlete's workout and many of us are extremely attached to our bikes, and for good reason.

So, that basically leaves two options – have a bike shop pack your bike or do it yourself. Here is the gist of both options.



Option A – have a bike shop pack your bike

A bike shop will handle all necessary ingredients, price is the only issue. That ranges roughly from \$75 - 100. Since you have to assemble it yourself, it would be wise to watch them take a few parts off and move a few others prior to packing (e.g. handle bars, pedals, seat), so you can handle assembly yourself without too much hassle. You'll also most likely need to mark your seat measurements and buy a few of the right tools to do the reassembly properly. The bike mechanic should give you very good guidance here since that's part of you're paying for.

Option B - packing up a bike yourself

It's not that hard. If you have the resources to do it- it will save you the time and \$\$\$. A bike box would be ideal way to ship it, so see if the local bike shop will just give you one ("you were only going to throw it away anyway"). If not, a large brown cardboard box could do it. You'll need the same tools as Option A, lots of zip ties, foam pipe insulation and bubble wrap.

Place your bike in a stable position, and then start by unthreading your pedals and removing the seat/seatpost. Make sure to pile everything together so nothing gets lost. Then remove the stem/bar from the fork. Slip off the front wheel and pull the skewer out. Place it in the pile of stuff you've already removed. Some shipping cartons may require removal of the rear wheel too.

Use the pipe insulation and zip ties to wrap all your frame pieces and forks. Wrap your cogs with bubble wrap. Zip-tie your bar/stem/shifters/levers to the drive side of the bike's top tube and your wheel to the non-drive side. Be generous with your packing materials. Remember that it costs less for packing materials than it does for a bike repair! Slip pedals, seatpost/saddle, skewers and anything else you've pulled off into a plastic bag or large envelope and tuck neatly into the box. Check your work area to make sure there are no parts left behind. Seal the box with lots packing tape.

Either option requires you to write your home address and destination, name, etc. in big black letters on the outside of the box, in addition to the address label. It's more likely to get there if the shipping/packing slip becomes lost or damaged. Also remember if you are shipping your bike by air, don't send your CO2 cartridges with your bike or you and the FAA may be having a heart-to-heart talk!

Our biggest recommendation is to enjoy your vacation and rides in a new place. See our other article in next month's newsletter about the benefits of running on vacation as well!

MAX'S FEATURED RACE OF THE MONTH



Massachusetts State Triathlon™

July 26, 2009

Lake Dennison Recreation Area

Winchendon, MA

Sprint Triathlon: 1/3 Mile Swim, 10 Mile Bike, 3.1 Mile Run

Olympic Triathlon: .9 Mile Swim, 21 Mile Bike, 6 Mile Run

This will be Max's 3rd annual Massachusetts State Triathlon. The Mass State Tri has been hugely successful for the past 2 years and

for good reasons! Here is what some people had to say about it:

"I heard many good things about last years Mass State races that I was excited to race this year and I was not disappointed. Very pleasant setting on the lake, convenient transition set up, great volunteer placement and good overall size. Everyone I spoke to was helpful and friendly and made me feel great. What a great example that you were able to give some groups fund raising opportunities, and the prizes, racer freebies supported local businesses. What is not to like!"

-Beth P.

"I really enjoyed the triathlon this past weekend and thought it was exceptionally well run. The venue was excellent with a clearly marked and not overly crowded swim course, a challenging, but fun bike course, and a reasonable run course at the end. The announcers and DJ were great and rather funny. All in all a great experience and spectator friendly. Your email communications were excellent....Very impressed with the early morning weather update/ reminder at 3-something Sunday morning! I'll be back!"

-Ken B.

Last year's race sold out and slots are filling out fast! Register soon to secure your spot! [Click Here](#) for more info and to register!

Keep persevering with a smile on your face! Good luck and see you in July!

Be well,
Tim Richmond, RD
[Max Performance](#)
617.797.2215

RACE WITH MAX TO WIN A QUINTANA ROO FRAMESET



&



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 a winner.

This is just another reason to join Max in 2009!

RUN FOR BOB: OCTOBER 3, 2009

“Run for Bob” Family Fun 5K Run or Walk

Saturday, October 3, 2009
9:00 am – 1:00 pm
Putnam Investments

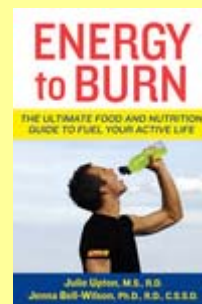
431 Washington Street
Franklin, MA

Come to the 5th Annual Run for Bob to honor the life of Bob Biagiotti and his commitment to charity, sportsmanship and kindness to all. This family event was established to benefit the **Hockamock Area YMCA Bernon Family Branch** and the **Best Buddies Franklin Chapter** to ensure that “No Child Sits on the Sidelines.” Both organizations played a special role in the lives of Bob, his wife Kris, and daughter Kayla by providing opportunities to Kayla that she never could have had. In fact, Kayla was able to participate in many 5K races with Bob pushing her in a special racing stroller!

Music, children’s activities and free food and refreshments are available on the main field. Awards are given to Top 3 Men’s and Women’s finishers in several age categories. The celebration continues at the Run For Bob Night Event at Pinz in Milford from 7:00pm- Midnight with live music, Food, Silent Auctions and Raffles.

For more information contact Shannon at 508-259-5893 or visit www.runforbob.org for more details!

ENERGY TO BURN: THE ULTIMATE FOOD & NUTRITION GUIDE TO FUEL YOUR ACTIVE LIFESTYLE



Written by: Julie Upton, MS, RD and Jenna Bell-Wilson, PhD, RD

The energy-boosting guide for today's on-the-go lifestyles!
This book has the answer to today's other energy crisis—the one

faced by Olympians to weekend warriors to anyone just looking for a boost to help them achieve their goals at work and play. This guide provides nutrition conditioning strategies for meeting the demands you face in a workout, or even a typical day.

Julie Upton, MS, RD is a nationally recognized journalist and dietitian who has served as the national spokesperson for the American Dietetic Association. She has been featured on the *Today* show and on CNN, ABC, and Fox news programs. She has written for the *New York Times*, *Shape*, and other publications.

Jenna Bell-Wilson, PhD, RD, CSSD is the co-founder of *Swim, Bike, Run, Eat!* Sports Nutrition consulting, and is a nutrition writer for national consumer and professional publications. Both Julie and Jenna are triathletes and Ironman Finishers.

Get your copy of the book today!

AUGUST SWIM CLINIC

August 17, 2009

6:00pm

Lake Massapoag, Sharon, MA

Max's June & July swim clinics have sold out but we still have spots available for August 17th! Learn to ease fears such as:

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



The clinic is aimed at 1st-time triathletes or those triathletes who are in their first year or two of competing. The clinic is run by experienced women triathletes who love to help and are excellent instructors.

The workshop will cover the following topics:

- Swim starts using waves and a bullhorn
- Buoy in the water to practice sighting (100 yards from the start)
- Group discussion on tips & techniques to learn from the experience.

This event 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](#) to register and for more info!

MAX IS ON YOUTUBE AND FACEBOOK



In response to numerous requests for more information on certain tri-topics, we elected to go the "show me" route by producing a bunch of 2-3 minute video clips. The topics are simply more easily understood via video than via text.

Here is the current list up on our YouTube account for your viewing at www.youtube.com/user/maxperformancetri:

- How to Change a Flat Tire by Quad Multisport
 - Core Exercises for Home or Gym
 - Season Opener Bike Course Tour
- Setting up Transition and racking your bike
 - Where do my race #s go?
- Strength Training to Improve the Swim3 Key Aspects to your Bike Setup

Coming soon will be:

- Exercises to Increase Run and Bike Strength
 - Mass State and Sharon Bike Courses



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!

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