

**IN THIS ISSUE:**

[Win a Free Race Entry Contest](#)

[MythBusters: Comparing Yourself to Others at the Gym is a Good Benchmark](#)

[Average Joe Tri Stories: My First Triathlon was Full of Mistakes You Can Avoid...](#)

[Nutrition News: Should You Go Organic?](#)

[Mental Toughness- Nurture Not Just Nature](#)

[Beginner's Corner: How Long Will It Take Me to Complete My First Race?](#)

[Tri Lingo: Morton's Toe](#)

[Hit the Hills](#)

[Tri Doc Advice: Good News- Knee Pain Can Usually Be Avoided](#)

[2010 NE Season Opener](#)

[Triathlete Spotlight: Carl Carlsen](#)

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

[Great Training Songs](#)

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

[Max Praise](#)

[Sponsor Promotions](#)

**HIT THE HILLS**

The benefits of running hills are widely known, from increasing your aerobic capacity, strength building of the gluts and quads, improved running economy, to breaking psychological barriers and building confidences for races. In fact, if you're in pinch for time, a short hill workout can give you the most bang for your buck. To make sure you're hitting the hills correctly, we're highlighting ways you should attack hills, plus some great workouts to try this spring.



- **Stride Rate versus Length** - a common mistake made by many runners is to increase the length of their stride when running up a hill in order to accommodate for running slower. But the exact opposite is true. Focus on taking shorter and quicker strides while climbing hills. This will prepare you for races, in which you'll be able to recover faster after coming over the top a hill.
- **Neutral Spine** - you may see runners attack hills with a forward position, almost like they're leaning into the hill. A slight lean is good, but make certain you're not simply bending at the hips, causing undue stress to your lower back. Try to maintain an upright, neutral position at your pelvis. By focusing on taking shorter strides a neutral pelvis is a lot easier when powering up a hill.
- **Arm Position** - we take for granted how much our arm movement propels us forward when running. Try running on a flat surface without moving your arms and you'll feel silly, right? Now, while running up a hill, relax your hands and begin to pump your arms slightly in front of you.
- **Reaching the Top** - don't stop or slow down after hitting the top of a hill. If you're got a level surface for a while, resume your normal stride rate and length. If you're headed for a long downhill, increase your stride length and relax your arms.

**Hill Repeats**

Find a hill along your normal running route that is approx 100-200 yards in length. After warming up for 10-15 minutes, begin to climb the hill with an increase in stride rate, short steps, but powering up the hill. After hitting the top, jog back down for recovery. Repeat 2-6 times depending on your level of conditioning. Remember this is a short burst workout, so you'll be increasing your heart rate while climbing.

*Beginners:* There's nothing wrong with walking up hills. If you're new to hill workouts, walking hills at a vigorous pace will give you the same benefits above. Work your way up to include running 1/2 of the hill and then jog back down. You'll be on your way to repeats in no time.

**Strength Workout**

Find a hill or hilly area of your run that lasts ¼ to ½ mile in length. After warming up for 10-15 minutes, begin to approach your hill with a

## 2010 NE SEASON OPENER



With more than 6 weeks to go till race day Max's NE Season Opener Duathlon & Triathlon has **SOLD OUT!**

If you were lucky enough to grab a spot- we look forward to seeing you on May 9th! If not- we still have spots left for our Escape the Cape Sprint Triathlon on June 12th.

[Click here](#) for more info!

*Remember to register early!  
Max has sold out every race  
since 2008!*

slower more sustained rate, as it may take you 3-5 minutes to tackle this hill. You'll feel some burn in your legs, but the benefits are worth it. Recover for 5-10 minutes before tackling another repeat.

**Take away message** - remember that Hill workouts are an extremely beneficial workout, but tax your body more in the recovering days. More conditioned athletes can incorporate hill workouts every week, while beginners should wait for 2-weeks before adding another hard workout. These workouts provide physiological benefits and they also give you the confidence to attack your races

## MENTAL TOUGHNESS- NURTURE NOT JUST NATURE

You've heard the expression, "mind over matter." We believe in this credo, but only when taken in the proper context, because there is no doubt your mental outlook drastically affects your physical well-being and performance.

But, are you born with a certain amount of mental toughness and that's it? Or, can you become more mentally tough similar to how you can become for physically fit? We believe the latter based on simple experience. We have watched our own progression and believe it's occurred because we wanted it to occur. Here are some of the practical ways we achieved greater mental toughness (MT) that can work for you:

- **Make MT part of your training** – some people have the ability to pull off "digging deep" only during a race, but not the majority. If you practice pushing yourself during training you'll build confidence and ability to do it during racing.
- **Decide upfront what "pushing" really is** – we all have tough workouts for various reasons but we don't define pushing as getting through a workout. So, define a few levels of pushing (a.k.a. MT) prior to your workout so you have objective benchmarks to use while you're struggling.
- **Practice MT in reasonable increments** – my spin class added minutes to a Zone 4 set over a 6-week period. This allowed me to both physically and mentally learn what a small push increment was relative to my fitness level. It also made incremental increases more achievable and helped build confidence that I could push harder since it was relative to last week's actual performance.
- **Use technology** – your mind will probably quit before your body does in many instances. HRMs and similar tools help keep you honest by showing you your limits scientifically instead of relying solely on "how you think you feel."
- **Seek out a crazy workout or two** – you're a triathlete, in part, because you wanted to achieve something you never did before. So, keep that thought going by creating a crazy workout or training session that really taxes your MT. Something you will feel good about even if you 'only' reach 75% of your goal. When you reflect on your accomplishment, your MT will get a deserving confidence boost.
- **Reflect on your own MT inventory** – you've probably overcome some big obstacles or setbacks in your life already. Inventory the MT techniques you used when you tackled these challenges and learn how to apply them to your triworld.
- **Use the buddy system** – always good to know how others build MT and there is nothing wrong with asking. Grabbing an extra technique this way is easy and worth a try.

## TRI LINGO

### Morton's Toe

Morton's Toe is a common forefoot disorder where the second toe is longer than the Big Toe. The main symptom experienced due to Morton's toe is discomfort and callusing of the second toe head. This is because the big toe would normally bear the majority of a person's body weight during your run, but these forces are transferred to the second (smaller) toe because of its anterior positioning. The infamous black toe nail may also result.

Proper treatment of Morton's Toe starts with selecting proper footwear. Footwear with a high and wide toe box (toe area) is

ideal for treating this condition. It may even be necessary to buy footwear a half size to a size larger to accommodate the longer second toe. I've also used "toe condoms" with success - little rubber toe covers. They're available at local pharmacies.

## AVERAGE JOE TRI STORIES: MY FIRST TRIATHLON WAS FULL OF MISTAKES THAT YOU CAN AVOID...

*[We added this column because we realized we have lots of fun stories to share that average folks might like to read since they're Average Joes too]*

It's crazy to think that I continued the sport after my first tri because it was a basic disaster. Good news is that I took my dumb mistakes in stride and still loved the race. Here is the short version of what I did wrong and how you can avoid them:

### NOW THAT'S A TRIATHLETE!

*"May I borrow your pump when you're done? BTW, how far do I fill up my tires anyway?"*

Ironman participant next to me in the TA at the Coeur d'Alene IM race- Crazy!

### 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 Alien Ant Farm

- "Never Miss a Beat" by Kaiser Chiefs

- "Sexy Chick" by David Guetta featuring Akon

- "Gimmie Three Steps" by Lynyrd Skynard

- "Little Secrets" by Passion Pit

- "Where the Streets Have No Name" by U2

Mistake	Ramifications	What you should do instead
Wetsuit was WAY too tight	Almost hyperventilated in the swim because I couldn't breathe well	Try it out prior to the race and go at the high end of the size range, not the low end
Had minor panic attack in swim portion	Contributed to above problem; couldn't get my breath, almost swam to shore in first 200-yds	Do 1-2 open water swims or clinics in wetsuit prior to 1st race
Tried to ride hard on bike to make up for tough swim experience	Got off bike in T2 with leg cramps making start of run way more challenging	Warm up the first mile of the ride and pace yourself consistently thereafter
Tried to use my aerobars for the 1st time when I see others doing it- lost control and went flying over my handlebars into the woods	Broke bike parts that almost made me DNF and scratched all kinds of body parts.	Practice on aerobars before the race or leave them home
Ate too much for breakfast and ate too close to the race start	Basically felt gross the whole race	Almost all athletes can get away with 1/2 bagel and a Gatorade and maybe an energy bar. Eat 2 hours before race start
Tried to keep up with older woman (age on calf muscle as she passed me) on the first part of the run	Totally died on 2nd half of run because I started out too fast	"Plan the race and race the plan"- do your own thing, not some stranger's

- "Take Me Home Tonight"  
by Eddie Money

- "Bad Reputation" by Joan  
Jett & the Blackhearts

## 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

*"You guys rock! What a venue and what a race. Safe, well-marked courses, right # of participants and exceptional race organization. Your attention to detail was most impressive. Thank you."*

-Abby Y.

## SPONSORS

[Active Recovery Boston](#)

## BEGINNER'S CORNER: HOW LONG WILL IT TAKE ME TO COMPLETE MY FIRST RACE?

This is a question that we get asked quite a bit. It's a valid question and is truly based on your level of fitness and training. The quick answer is to look at how long it takes you to complete each leg of the race individually.

Let's say you can comfortably swim ¼ mile (8 laps in the pool – down and back) in 20 minutes, bike 10 miles in 40 minutes and run 3.1 miles in 35 minutes. You add in around 3 minutes per transition time (x 2 of those) and you've got roughly 1 hour and 40 minutes of total time. This is an example of a newbie from 2009's Mass State Tri Sprint. Now keep in mind that some of the finishers in the "back of the pack" came in around 2:20, so there is a lot of variation here.



If you're asking yourself: I don't know how long it will take me to ride 10 miles because I haven't ridden outside? For your piece of mind, get outside and ride when the weather permits. You've got plenty of time to hit the road and gauge your fitness.

*Takeaway Message:* Remember that you don't want to push too hard in your first race. You should feel tired, but have a little left in the tank. There are many more races out there and this is just your first! Congratulations in advance!

## 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 (excluding the NE Season Opener). All questions are triathlon related of course. Just reply to this email with your guess.

**Which town/city has the most athletes participating in the SOLD OUT Season Opener Du/Tri?**



**February Winner:**

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

A: 12820

Winner: Abby Calcutt

## MYTHBUSTERS: COMPARING YOURSELF TO OTHERS AT THE GYM IS A GOOD BENCHMARK

Probably not. Here's why.

I'm at my weekly spin class with my cousin. It's week 7 of 12, so we're feeling good about things, when my cousin looks at a thin, middle-

[B&S Fitness](#)

[Clark Community YMCA](#)

[Hammer Nutrition](#)

[iRunLikeAGirl](#)

[Old Colony YMCA](#)

[v3 Multisport](#)

[Triathlete Sports](#)

[Westborough YMCA](#)

[Xterra Wetsuits](#)

aged guy with glasses (dare we say “nerdy”) next to him before an interval set and tells me he’s going to “bury him on this set. I’m tired of hearing him yak about his wattage and heart rate.” Well, he doesn’t actually even remotely keep up with the nerd and gets all bummed after the set and for the rest of the class. After the class we hear the guy say “he’s glad he came to class because it helped him recover from Sunday’s 140-mile ride with my cycling team” (it’s February too btw). My cousin and I will never forget that class, nor that wrongful comparison.

The Average Joe age grouper looks at a person in the gym next to them (e.g. spin class, treadmill, aerobic room, weight rack) and often tries to keep up with them. Why?

- We’re triathletes and competition is an inherent part of our make-up
- It’s human nature to compare ourselves to others for a sense of self-worth or benchmarking
- Hey, who doesn’t like to beat a younger person at something (or not get beat by an older person)?

Worse yet, many of us compound the idea by actually adjusting our training as a result of this comparison – ugh.

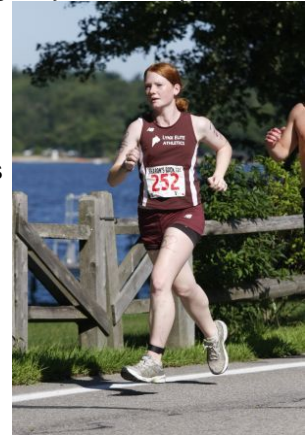
These all seem like good reasons but are usually not grounded enough to be meaningful. Furthermore, the comparison can give you a false impression of your fitness level or where you “should be” with your training progress. It’s okay to use others to help give us a push but taking it beyond that can be more harmful than beneficial.

How do you stop from doing this? Just run these practical questions by yourself and it will help give you a reality check before going too far in your comparisons:

- Do I have any idea of their fitness background, or level?
- Are they a triathlete who primarily focus on sprint/Olympic distances (vs. a runner training for 5-ks or a Masters Program Swimmer, etc.)
- What are the odds of their goals, fitness level, age, weight, etc. being comparable to mine?

## TRI DOC ADVICE: GOOD NEWS- KNEE PAIN CAN USUALLY BE AVOIDED

Your knees take the brunt of a lot of pounding on your weekly runs. They are also under some stress during your bike workouts. In fact, you may also be hurting your knees though improper form in some of your other exercises. So, it's no wonder that you hear lots of triathletes complain about knee pain. The good news is that most knee pain does not result from tears, rips or breaks and, can be avoided.



Many knee aches and pains either emanate from weak muscles that support the knee or bad habits that put too much of the workload on the knee. The knee is often the joint that takes the brunt of the work when your supporting muscles can't handle the workload. So, if you strengthen your supporting muscles you'll go a long way in avoiding knee pain and injury.

Here are some simple ways to take care of your knees by building strength and by practicing proper form in exercises:

**Stand straight** – particularly on the last ¼ of your run. All it took was for me to experience knee pain when I realized I was slouching when I got tired. This put huge pressure on my knees and I felt it immediately and the next day. Therefore, remind yourself to stand proud when you run and your knees will thank you (and you'll go faster).

**Stretch your quads** – there are quite a few muscles in your quads and they are essential in supporting your knees. When they're tight or tired, your knees are forced to help out more than usual.

**Use the proper bike seat height** – do you know the proper seat height? It's not too bad if your seat is too low but it is bad if your seat is too high. Too high a seat causes your knees to overextend. When you sit on your bike seat with your leg fully extended, there should still be a bend in your knee (35% or so to be accurate), otherwise you're overextending your knee.

**Avoid Runner's Knee** – it accounts over 25% of all knee injuries. Results from overuse and from weak muscles (quads & hamstrings). Keep your knees slightly bent when you run, wear a knee band for support and strengthen your hammies (see below).

**Try these exercises** – here some simple exercises that you can do at home or the gym to help build strong knee-supporting muscles.

- *Split Squat* – with shoulders back, start in split position and drop body straight down until your knee is straight over your ankle.
- *Single-leg deadlift* – on 1-leg, bow forward (e.g. stand on left leg and bend right arm to the ground).
- *Quad stretch* – lie on the ground belly down. Pull your leg toward your glute and hold for 20-seconds.
- *Hamstring stretch* – stand below your steps. Place your heel on a step (2nd or 3rd step from bottom) and hinge forward, keeping your back straight. Hold for 20-seconds.
- *1-leg squats* – discussed in the 12/09 newsletter

## NUTRITION NEWS: SHOULD YOU GO ORGANIC?



This is becoming a hotter topic all of the time. Although no really definitive studies have survived challenge, it's really worth thinking about the subject since nutrition is key to a healthy and long lifestyle. Here is a short version of pros/cons. And a quick reference guide of top considerations.

### Pros/Cons

There's a ton of benefits to buying organic produce. Organic fruits and vegetables definitely benefit the environment since no pesticides go into the soil or water and wildlife won't eat them. Organic also supports the declining breed of small farmers who can produce non-genetically modified fruits and vegetables. Most importantly, you won't be eating pesticides, which can leave a residue even after washing. The long term effects of eating non-organic produce have not been confirmed but are thought to be linked to certain kinds of cancer. All this comes with a price though - organic fruits and veggies are usually a lot more expensive than their regular counterparts and many times are hard to find. Should/can we put a dollar value on our health?

### Quick reference

According to some studies there are certain fruits and veggies that are more resistant to pesticides. You can save a few bucks and take less risk knowing that your family probably won't be ingesting tons of toxins from them. On the other hand, there are fruits & veggies that have been known to generally contain a high level of pesticides in them. Obviously, you should always wash your produce, regardless of their risk category; pesticide-removing food soap even exists.

Here's a good fridge summary to consider:

Reasonably Resistant to Pesticides	Go Organic if Possible <i>(order of most to least pesticides)</i>
Asparagus	Nectarines
Avocados	Celery
Bananas	Pears
Broccoli	Peaches
Cauliflower	Apples
Corn	Cherries
Kiwi	Strawberries
Mangoes	Grapes
Onions	Spinach
Papaya	Potatoes
Pineapple	Bell Peppers
Sweet Peas	Raspberries

**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 a Triathlon.

If you're 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

### CARL CARLSEN

**Profile** – I've been teaching English at North Shore Community College since 1974. I live in Winchester with my lovely wife and our beautiful daughter who will be attending U/Richmond this fall.

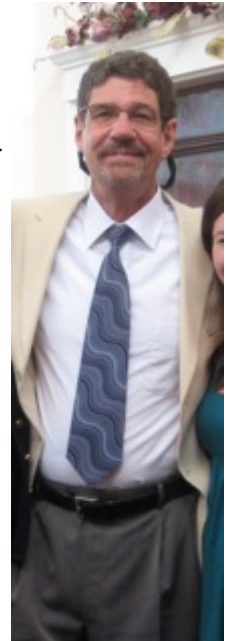
**The “beginning”** - In 1984, I rode my bike to a five mile road race in Arlington and some guy told me since I rode my bike to a running event, I might enjoy triathlons. I did my first four triathlons, including my first Bay State that year.

**Athletic Interests** – At heart, I'm a hoops guy, [I played for Tufts] And, in the beginning, I did triathlons to stay in shape for hoops. I “retired” from full court hoops at the end of 2008 after an agonizing and attenuated tailspin, and now I hack away at swimming/biking/running and do some yoga too.

**Triathlon Accomplishments** – I've completed 104 triathlons in 26 years. I did the Bay State [1/36/95] ten times and was the Medford weekly paper's Athlete of the Week the year I did my PR. I think the writer liked it when I told him I did it so I could eat chocolate chip cookies for a couple of hours on the bike. Last season, I enjoyed doing the Sharon's Back Triathlon for the sixth time [first in 1988].

**Motivation** – I love being in motion and I love the way, during a triathlon, I can completely, and without distraction, savor the experience of swimming in open water, biking without worrying about cars, and running. I also want to keep the Reaper at bay.

**Goals for 2010** – I want to complete 4 – 6 triathlons including Sharon's Back again. I'll be in a new age group- 60-64 (ouch) so I'm looking forward to my USAT ranking. I'll be at the bottom of the bottom, but if my efficiency rating is above 50% like it was this year, I'll be happy.



**Please share something fun about yourself** – This isn't fun but rather tri-philosophy. I like the Max perspective (and newsletter) because it's pitched to the ordinary mortal. Triathlon is about the long run and a lifetime of fitness, not a short burst of fevered enthusiasm and expensive equipment. I don't, and will never, have a wetsuit. I'm happy being an old-school dinosaur.

---

*Spring is here!*

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

## UNLIMITED KAYAKING, CANOEING AND SAILING!



# Outdoor Recreation

Hopkinton State Park / Spot Pond / Wakefield / UMass Boston / Plymouth  
[www.boatinginboston.com](http://www.boatinginboston.com)

Close your eyes and imagine a warm evening, the sun setting over the pines, and the dragonflies darting about the surface of the water. All you can hear is an occasional bird-call and that wonderful sound of your boat rhythmically cutting through the mirror surface of the water. This is solitude.



Enjoy the outdoors at any of our 5 locations spread around Eastern Massachusetts! **Just for Max Performance athletes** we are offering a **25% discount** for our Unlimited Boating Pass! **Register before April 15th** to get this great pre-season deal! Use coupon code: 2010MaxPerf

[www.boatinginboston.com](http://www.boatinginboston.com)

## BEGINNER SWIM CLINIC: CO-ED

The excellent 2009 Swim Clinic success will be carried forward into 2010. The program *guarantees to ease the most common triathlon swimming fears* such as:

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



**What does the Clinic cover?**

You'll get *in-water experience* on:

- Swim starts using small swim groups (a.k.a. swim waves) and a starter bullhorn
- Swimming to a Buoy in the water to practice sighting (only 100 yards from the start)
- Tips & techniques to learn from the experience

### Where, When, How Long?

Length: 1 ½ hours

Where: Lake Massapoag, Sharon, MA – main beach

Date: May 5th

Time: 6pm Start (please arrive 10 mins early for registration)

Cost: \$25

### What Do I Bring and What's provided by Max?

You bring:

- Goggles
- Wetsuit, if you have one

We provide:

- Swim caps
- Great instructors, lifeguards, buoys, a lake
- Wetsuit Loaner to first 30 people requesting (see registration link below)
- Refreshments

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.

### Anything else?

*Private Swim Lesson Availability* - the instructors also offer separate private small group swim lessons (5-6 people) to Clinic participants seeking additional help, arranged mutually with the instructor after the Clinic.

Register by [clicking here!](#) Hope to see you there.

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

## YOGA WORKSHOPS FOR ATHLETES WITH SAGE ROUNTREE- RUNNER'S WORLD YOGA EXPERT



**Saturday May 1, 2010**  
**Trinity College**  
**Hartford, CT**  
**9:30- 11:30am**  
**1:00- 4:00pm**

In these workshops, appropriate for all levels of yoga and athletic experience (including athletes in all sports, endurance or non-), you'll learn poses to increase flexibility, especially in the hips and legs; spend some time cultivating sport-specific core strength and playing with balance; and examine yoga as mental training, learning how incorporating this ancient approach can make you a better athlete. No matter what your sport is, you'll leave with practical ways to incorporate yoga in your training to increase your flexibility, core strength, stability, and physical and mental endurance, while lowering your recovery time and risk of injury.

Go to [www.TeamTrainingNE.com](http://www.TeamTrainingNE.com) to learn more about these two yoga workshops.

## RACE AND SAVE AT BOSTON SPORTS CLUB



Boston Sports Clubs in Fenway, MA is offering races **\$0** to join and **\$10 off** dues for any month in which they compete (Run, Bike, Multisport!)\*

*Additional incentives for those who place in their age groups too!*

Call Chris at 617-266-7400 for details!

*\*This offer is for new members only. The \$10 dues credit can be earned once per month, for up to 5 months, between April and October 2010. Proof of race is required (receipt or timecard). Racers should join through BSC-Fenway and can have membership transferred to a more convenient club if they choose.*

Boston Sports Clubs  
1365 Boylston St.  
Unit 345  
Boston, MA 02215

## CHIROPRACTOR DISCOUNT!



**\$35 NEW PATIENT OFFER!**

**Includes consultation, examination & x-rays!  
(\$225.00 Value!)**

Meininger Family Chiropractic  
33 Lyman Street  
Westborough, MA 01581  
508-898-2228

## FUNDRAISER FOR A BOYSCOUT

My name is Cody Wakeman. I am a Boy Scout in East Bridgewater, MA. working toward the rank of Eagle, the highest achievement in Boy Scouts. I have less than five weeks left to achieve this rank.

One of last undertakings is to build a gazebo in memory of those whom we lost in this community due to a vehicular tragedy. To accomplish this, I must raise approximately \$5,000 to cover the cost of the materials. I plan to build the gazebo in mid-April.

Please consider making a donation to help me raise money for the gazebo. Thank you for your thoughtfulness. Contributions can be mailed to my address below.

Yours in Scouting,

Cody Wakeman  
160 Park Avenue  
East Bridgewater, MA 02333

