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LOOKING FOR A PR IN THE NEXT RACE- FOCUS MORE ON THE BIKE

Focusing on the bike for a PR (personal record) sounds a little counter-intuitive because many triathletes worry about the swim and run portions so much. But since the bike makes up about 1/2 your race, increasing speed there, greatly improves your chances of getting a PR. Here are some simple ways on how to get faster on the bike before your next race.

- **Increase your RPMs** – RPMs are one of the easiest benchmarks for helping you improve your pedal stroke. In addition, RPMs can be a better gauge than MPH on your odometer. Why? The start, hills, hydration moments, etc. affect your average speed but can be compensated for using different gears to maintain a consistent RPM level.
- **Aero Position** – any speed > 12 MPH makes it better to be in the aero position. You can use aero bars or your handle bar drops to become less wind resistant and therefore faster.
- **Make hills your friend** – practice on them since most good tri-courses have 1-2 reasonable hills. You can actually take many hills on sprint distance courses in the big chain ring if you practice, with greater efficiency and speed than the small chain ring.
- **Push yourself** – it's easy to be complacent on the bike since it's the longest tri-leg. In most sprint races, you should be pushing yourself to the point of labored breathing for almost the entire time you're on the bike.
- **Mile markers** – most courses have mile markers at 5 and 10-mile marks. You should know ahead of time when you should roughly be hitting them so you can quickly gauge your pace and effort.
- **Know the course** – knowing some key features of the bike route definitely increases your ability to be more efficient and effective on the bike. Max has video clips of each course on the YouTube account here: www.youtube.com/user/maxperformance_tri. You should try to ride the course prior to the race in your car or preferably, on your bike before the race also.
- **Favorite gears** – most good riders have a few that they rely on for most of their race but also know how to seamlessly shift when course changes require



TABOO TOPICS FOR TRIATHLETES

Feet ever get numb on the bike?

Move 'em or Lose 'em!

Ever had your feet go numb

when cycling? This is a common phenomenon in triathlon. Triathletes often get settled in their clipless pedals and forget that it is not their toes that are locked in, just their bike shoes. Some triathletes and cyclists have been known to “freeze” in position and don’t move their toes around when spinning. This, for one, creates a lack of blood flow to the toes and, two, does not allow proper distribution of force on the foot during the power down spin. Additionally, the foot has a plethora of nerves in the foot that can get compressed if the surface area of the pedal is too small. Some people have to move onto a larger surface area in a cleat to avoid the numbness. Continuing to ride with numb feet over many miles and years can create damage to the nerves, bones, tendons and muscles in the foot. Your feet are your foundation- Keep moving them!

TRI LINGO

Cardiac Drift

Cardiac drift is the term given to the phenomenon by which there is an increase in heart rate during exercise over time, even though you may not actually be “working harder.” The occurrence challenges using heart rate measures as your sole gauge of intensity.

Technically, CD appears to be caused by a progressive decrease in stroke volume (the amount of blood leaving the heart with each contraction), thus an increase in HR is required to maintain cardiac output during endurance events.

DO YOU HAVE A RACE STRATEGY?

As we approach the brink of summer, many triathletes are itching to get that “A” race under their belts. You’ve been driving the long road this winter/spring and ready to showcase your hard work and dedication. You’ve trained long hours and your racing legs are ready! It goes without saying that training for long periods of time without a reward will make the strongest of competitors a bit crazy, If this happens to you, try not to lose focus of your specific training goals along the way. This can be achieved by following the tips below as race season approaches. We promise, it’s almost time to hit up that “A” Race you’ve been training for!

Stick to Your Plan: You’ve crafted a well thought out season long plan, maybe with the help of a coach or an online website. If you’re feeling good, then stick with it. It’s what brought you this far. What if you’re legs are feeling drained or you just can’t seem to get those final workouts in each week? Then it might be time to revisit your plan with the help of a coach.

Stayed Focused: If individual workouts are becoming a drag, try to breakdown each workout into smaller segments. IE 2000 yard swim, focus on your warm-up first, then your working sets. *“I just need to get this 500 yard set done”*. Setting smaller goals on those tough days helps you stay focused on the larger goal.

“Dial In” Your Training: You’ve got your races targeted and the training is going well. Think about the course terrain and elevation of your big race. Do you need to incorporate an additional hill workout every two weeks? Maybe it’s time to ride the course so you know about those tricky turns or tactical descents. Also, what are they serving on course for nutrition? Start using the products in training that you’ll encounter on race day.

Training Staples: Indoor Trainer You just love those Tuesday group rides, don’t you! But don’t forget about your trusty trainer. As easy as it might be to go for a ride outside, don’t forget about your training sets and intensity. Your indoor trainer is still a great tool to keep you honest and focused. Balance is key, so make sure to incorporate a weekly trainer workout while getting your long rides on the weekends.

Bottom Line: To get to the light at the end of the tunnel, it takes patience and dedicated training to reach your goal. Incorporate strategies above and incorporate smaller goals through your early race season. You’ll enjoy the fruits of your hard work and not lose focus along the way!

GET FASTER WITHOUT TRAINING!

Written by Brandi Dion, B&S Fitness

What triathlete does not want to get faster? Rather than giving you the “hard work, periodization, and intensity” discussion we will discuss the fun and easy ways to get faster WITHOUT training! That’s right- you don’t have to sweat an ounce to get faster. Some of these methods may cost a bit more than a few cups of coffee but will make a great investment.

We have talked to a handful of other coaches and professionals and have come up with a list of way’s to increase your PR this season without changing your training routine. However, with the

Practically, CD studies have shown that the drift is caused by dehydration and reduced fluid/ electrolyte replacement. Therefore, evidence suggests that optimal re-fuelling and energy replacement are vital in reducing the effects of the drift.

NOW THAT'S A TRIATHLETE!

"I struggled with the fact that I lost a whole minute putting a jacket on for the bike in the transition area, but at least I was not cold at all."

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!]

- "Shut Up" by Black Eye Peas
- "Heartless" by Kanye West
- "Know Your Enemy" by Green Day
- "Feel Good Inc" by the Gorillaz
- "This Is How a Heart Breaks" by Rob Thomas
- "Love Reign O'er Me" by Pearl Jam
- "Headstrong" by Trapt
- "Magick" by Ryan Adams

increased speed and decreased race times- these new toys may prompt you to train "smarter" and get even faster.

The list below is geared toward the beginner-intermediate triathlete:

- **Clip-less pedals:** If you do anything in this list- DO THIS! If you are still biking with your sneakers and pedal cages, purchase a pair of Shimano SPD-pedal systems with a pair of bike shoes. Yes you will have to change from your bike shoes into running sneaks in transition, but the speed and power you will gain on the bike course is worth every penny and second. WARNING! When you get started with clipless pedals you will likely fall- usually while sitting still. Dress in your nifty knee, elbow and wrist pads for added safety and practice getting on and off on a grass field to minimize road rash.
- **Aerobars:** You can picture a sail on a boat right? Well that is exactly what you are when you are sitting up on your bike with the wind blowing into you. When you are in aero position you minimize this drag which in-turn increases bike speed. You don't need a tri-bike to make your bike aero (although a tri-bike is designed for aero position and will be a lot more comfortable) all you need are clip-on aero bars and off you go!
- **Proper Bike Fit = Speed and Power:** If you are in the market for a new bike, investing in a proper bike fit is money well-spent as it will save you from potentially buying the wrong bike, stem, aero-bars, etc. Not getting hurt or achy and being able to sit comfortably in the aero position are some of the benefits of a solid fitting. We would even recommend a bike fit BEFORE you purchase a bike if you are in the market, or bring your existing bike into a Bike Fit Specialist and spend 2-3 hours figuring out the best positioning for you.
- **Tight/Fitting Clothing:** We have all done it. When we first started riding our bikes we would grab any old cotton t-shirt out of the drawer and throw it on with a pair of baggy shorts. Once you start wearing bike/triathlon specific clothing that fits you and the fabulously padded bike/tri shorts that dry quickly once out of the water, you gain an entirely new outlook on riding not to mention the faster racing times. The grass is much greener on that side of the fence!
- **Aerohelmet:** Nothing can make you faster instantly for less money than an aero helmet. A corroboration of studies from Texas A&M University and M.I.T. has accurately quantified the benefit of tear drop shaped aerodynamic time trial helmets. While each of these studies produce varied results about what the time savings actually are the end results are unanimous: "An aero helmet saves time." Studies show time savings that range from 30 seconds to as much as 2 minutes over 25 miles. At an Ironman distance triathlon an aero helmet could save between 3 and 6 minutes. Doesn't seem like much but an aero helmet can easily mean the difference between fifth in your age

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

"Once again I am amazed at how great the races are that Max Performance puts on, no detail was missed as far as I was concerned. The atmosphere was just plain fun, which doesn't always happen post race, but it was a joy to sit and wait for the results, just the fact that kids and dogs are welcome is huge. Thanks for a memorable Mother's Day, can't wait for the July race!"

-Tara

MAX IS ON FACEBOOK

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!

category and a top three spot. Nothing saves more time for less money (and sweat!) than an aero helmet. Even though they are a bit funny looking in addition to wearing tight cloths and funny shoes- does it really matter?

- **Race Wheels:** There are so many race wheels out there and they are all different price ranges (\$900-\$2000/pair). If you decide to take that plunge into buying a pair make sure you talk to someone that REALLY knows race wheels. Don't buy what you think is the prettiest; buy what will work with your type of riding, body weight, race choices and which will work best for you. Keep your old wheels so you have something to train on. There is nothing worse than crashing on a training ride and destroying your \$2000 race wheels! They will make you faster but at a very high cost.
- **Weight Loss:** If you are anything like Steve and I (not built like a runner) you probably tell yourself every year that if you just lost a few more pounds you would be faster. Well this is true. For every pound you lose you will increase your running speed by about 3 seconds per mile. The impact alone of running with extra body weight is tough on the joints. This season trim a few pounds and reap the benefits. You'll feel better and run faster!
- **Tire Pressure:** Know your PSI (pounds per square inch) and make sure your tires are always properly inflated. Not only will this make you faster- you will be less likely to blow a tire.
- **Tires:** What type of tires are you riding on? This may seem like we are being real nit picky but the less tread on your tires equals less rolling resistance which equals a bit more speed!
- **Bike:** We saved this for last because we don't recommend you go purchase the new lightest race bike to give you a new PR although the bike shops would be psyched if you did that! Basically the heavier your bike the slower you are except on the down hills.

There it is- the all-mighty "Make Me Faster" list. Some very easy, cheap and not so cheap ways to gain an edge and achieve that new PR this race season. Add up all the time savings and you are almost guaranteed a few spots higher in your age group. The flip side however is all that extra speed will cost you, so be sure that 1-2 minutes you gain is worth it in the long run when you're not on the race course!

For more information on B&S Fitness visit www.bnsfitness.com.

TRI DOC ADVICE: CARBOHYDRATE LOADING FOR COMPETITION

Written By: Stephanie Shenton M.S. Nutri, C.P.T., Health and Wellness Coach, Integrated Wellness Coaching

When to load and when not to load? That question seems to have stumped athletes for years when thinking of how to fuel for competition. Although there are varied views on the method of

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carbohydrate loading, the common consensus is that it is not necessarily beneficial if your race will take you less than 90 minutes to complete. If your event is longer than two hours the idea of topping off your tank and giving your muscles and liver a little extra fuel (glycogen) will most likely benefit you in the long run. :o)

The concept of Carbohydrate loading has become very popular in the last 40 years. The classic method was designed in the 60's and was very hard on the athlete often outweighing the benefit. The initial three day low carbohydrate diet compromised their training leaving them, weak, tired and irritable.

One thing you should know before experimenting with carbohydrate loading is that it is normal to gain 2-3 pounds. The reason for this is that for every gram of carbohydrate consumed you gain 3 grams of water weight. Don't let this frighten you. It is actually a good thing. Water is bound to carbohydrate in a 3:1 ratio and will help store extra water in your body to keep you from getting dehydrated during your race. The extra water weight will be gone when you cross the finish line.

As an athlete you should be consistently consuming 2 to 5 grams of carbohydrates per kilogram of body weight per day. To calculate your kilogram weight divide your current weight(lbs) by 2.2. For example if you are a 130 lb person your kilogram weight would be 59 kilograms. To translate this into how much carbohydrate containing food you should be eating, let's use the 130 lb person for an example. At the low end (2 grams) you take your kilogram body weight of 59 kilograms and multiply by 2. Per day this person should be eating 118 grams of carbohydrates to keep their glycogen stores filled. If you ate a banana (21 grams), Power Bar (45 grams), Honey Nut Cheerios (23 grams), 2 tablespoons raisins (23 grams) and a Fig Newton(11 grams) you would meet your needs for the low end of your carbohydrate loading.

Carbohydrate loading is not going to make up for lack of carbohydrate consumption during your training season. Carbohydrate levels need to match the intensity of your workouts. Most importantly one should replenish their carbohydrates post workout. The optimum replenishing time is 30 minutes to two hours after your training session.

Below you will find the two most current carbohydrate loading regimes. Please be sure to rehearse this before race day to find out which works best for you. Never try anything new before a competition and you may have to experiment a few times, adjusting the type and amount of foods you eat. Good luck and have a great race!

Method 1

Using a 7 day taper:

- Day 1-4 you should consume a carbohydrate diet that is on your low range; for example 2 grams per kilogram of body weight.
- Day 5 and 6 of your taper week will have you consuming carbohydrates on the higher end of the range (5 grams per kilogram of body weight).
- Day 7 warm up and do 3 minutes of high intensity exercise (a sustained sprint) and consume 10 grams of carbohydrate per kilogram of body weight throughout the



- day.
- Day 8 competition

Method 2

- Day 1-4 consume 5 grams of carbohydrate per kilogram of body weight.
- Day 5-7 consume 10 grams per kilogram of body weight. Have your large carbohydrate meal 2 nights before the race and go lighter the night before the race.
- Day 8 competition

If you would like more information on Stefanie Shenton and Integrated Wellness Coaching shoot Max an email.

BEGINNER'S CORNER: WETSUIT FAQs



We strongly support wearing a wetsuit whenever possible. They make you much more buoyant, help to increase your confidence, and reduce swim times. Although they do increase your transition time until you learn a few tricks to getting them off quickly, overall they are extremely beneficial. Here are some of the most common questions we receive:

How do I get my wetsuit off quickly?

Use body glide or similar products to grease up before putting it on. Use it on at least on shoulders, neck, lats, ankles, forearms, and calves – most common removal sticking points. Good sequence is: - unzip and get out of arms while running to T1, pull down each leg to below knees, step on each side with opposite foot to get it down to ankles, insert thumb in between wetsuit and ankle and pull rest of way off; breathe while doing. You should always practice taking your wetsuit off so you know what to expect on race day.

Should I get a full sleeved or sleeveless wetsuit?

Its a personal preference but we find that wetsuits with full sleeves help to increase buoyancy as well as keep you much warmer in colder water temperatures. The last thing you need when diving into the swim portion of the tri is to be uncomfortably cold.

How do I know what size to get?

If you can go into a shop and get fitted- this is your best bet. If your wetsuit is too tight, you might look good but you will end up feeling choked when moving around in it. If the suit doesn't fit you properly, it will not perform well. A triathlon-specific wetsuit is designed to improve your body position in the water and allow for efficient movement while swimming. This is achieved by combining buoyant and flexible neoprene panels into a comfortable, form-fitting suit. Most places will have phone support to help you find the right size if going in person is not an option.

When can I wear a wetsuit?

Wetsuits are allowed as long as the water temperature is <84 degrees. If >84, wetsuits will be prohibited due to safety measures. If <84 degrees, you may wear a wetsuit but the following standards determine if you would qualify for awards or USAT rankings. The Announcer will tell you temperatures and rules on race day. If the temperature is < or equal to 78 degrees

you will be eligible for awards. If >78 degrees but <84 degrees you may wear one but will not be eligible for awards. Newbies are the exception to the rule. If <84 degrees, all participants entered in the Newbie Category may wear wetsuits without affecting award status.

Can I rent a wetsuit?

Yes. Renting a wetsuit is a great alternative to buying if you want to test it out and see which fit works for you in action. Its important to remember to try on your wetsuit prior to race day though. Xterra has a great rental program with an option to buy. More info can be found here: www.xterrawetsuits.com

NUTRITION NEWS: BE CAREFUL WHAT YOU DRINK!



Most Americans don't realize that between soda, coffee, smoothies and other drinks they're sipping away a quarter of their daily calories! A study from the University of NC found that we consume 450 calories a day from beverages. That's nearly twice as many as 30 years ago! This could amount to an extra 23 lbs per year that we are either forced to work off or lug around with us.

Calories in drinks are often the most difficult to gauge. They're not as visual as a greasy cheeseburger or a bowl of ice cream. We don't get the same visual clues but they are also the easiest calories to cut from your diet! Here are some of the worst offenders from the least suspecting everyday drinks:

- **Glaceau VitaminWater**- A 20 oz bottle has 130 calories and 33 g sugar! Don't let the word 'vitamin' fool you! A bottle of this stuff carries nearly as much sugar and calories as a can of Coke.
- **Rockstar Original (16 oz can) Energy Drink** contains 280 calories and 62 g sugar! Energy drink makers might feign a level of health by fortifying their products with a cocktail of vitamins and minerals, but don't be fooled: Any minimal benefit they might provide is snuffed out by the blanket of sugar and calories each can contains.
- **Starbucks Venti 2% White Chocolate Mocha** has 660 calories, 22 g fat (14 g saturated), and 95 g sugar! It would be so much better for your waistline and your wallet to make your own flavored drinks instead, using skim milk, sugar-free syrups, and, of course, skipping the whip cream.
- **Baskin-Robbins Pomegranate Banana Fruit Blast Smoothie** (32 oz) has 1,020 calories and 232 g sugar! People ordering this "smoothie" expecting a healthy afternoon snack have something else coming to them. The second ingredient, after water, is sugar. You are better off with a small ice cream!

TRIATHLETE SPOTLIGHT

STEVEN PORTELA

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



The “beginning” - 2008 was my first season doing any endurance sports, but knowing that I would get bored just running, I decided to get into the triathlon world with no real background in any of the disciplines. Now I'm hooked.

background in any

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

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

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

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

MAX PERFORMANCE'S 2009 SWIM CLINICS

Do any of these worries come to mind:

- The infamous thrashing tri-start
- How to sight to distant buoys
- Lack of lane lines to stay straight
- Inability to stand-up to catch-your breath

Approximately 95% of triathletes that do not complete the swim are pulled out of the water in the first 50-yards, a.k.a. the swim start.

Learn how to ease anxiety, get through the swim start and improve your open water swimming. Max is offering a few open water swim

clinics aimed at beginner triathletes, i.e. in their first year or two of doing triathlons. The clinic will be run by several experienced women triathletes who love to help and are excellent instructors.

The workshop will cover the following:

- swim starts using waves and a bull horn
- buoy in the water to practice sighting
- group discussion on tips & techniques to learn from the experience



This event is fun and is not a race by any means, but a fun swim tri-lesson for beginners and those looking to build confidence and improve open water swim skills. No stroke lessons will be provided since the emphasis is on open water experience.

Here are the current dates and location of the clinics:

Dates: June 17, 2009
July 15, 2009
August 19, 2009
Time: 6:00pm
Location: 180 Pond Street, Lake Massapoag, Sharon, MA
Price: \$25.00

Each event is limited to the first 100 registrants to maximize personalization, so sign up quickly. Last year's clinic sold out in 2-days!

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

MAX LAUNCHES 'HOW TO' VIDEO SERIES ON YOUTUBE



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

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

Lake Dennison Recreation Area includes 4000 acres of land with a clean, spacious body of water for swimming and tree lined park roads. The courses include rural and park roads with rolling terrain.

Last year's race was selected by **USAT as the Massachusetts Club Championship** as a testament to the quality of the race site.

Come and celebrate the serenity of Lake Dennison Recreation Area in Winchendon, MA!

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!

Race season is here! 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!

50% OFF XTERRA BACKPACK



Get a new Xterra Backpack just in time for tri season! Xterra is offering 50% off the retail price of \$50. A transition pack for \$25!

Visit www.xterrawetsuits.com

Use promo code: **RACEPACK**

6TH ANNUAL SHARON TIMLIN MEMORIAL 5K RACE WALK & FAMILY FUN DAY!

Saturday, June 20, 2009

9am- Noon

Hopkinton High School, Hopkinton, MA

Max is proud to sponsor the 2009 Timlin Memorial 5K Race/Walk! Join us to help raise money to cure ALS (Lou Gehrig's Disease) All proceeds go to the Angel Fund, a volunteer, non-profit organization dedicated to supporting ALS Research at UMASS Medical Center.

The Race includes a high quality USATF Certified 5K course, professional chip timing, and a 1 mile Kid's Run.

NEW FOR 2009: EARN YOUR WINGS AND JOIN THE ANGEL SPONSORSHIP CHALLENGE PROGRAM!!!

Space is Limited! Register today at www.sharontimlinrace.org!

10% OFF TRIATHLETE SPORTS!



Triathlete Sports would like to extend a 10% off discount to all Max Performance athletes for the 2009 season.

Use coupon code **MAXPROMO** at checkout to receive your discount.

Triathlete Sports is one of the most comprehensive sources for swimming, biking and running products. Whether you are a competitive triathlete or a novice wanting to get more active, Triathlete Sports can help you go the distance and reach your fitness goals.

Visit us at www.TriathleteSports.com.