

TriCentric

Newsletter

2010 Season Review-December

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The original continues to innovate...
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Carbo-Pro
TriCentric Tested...
world champion
approved

Greetings!

2010 has run its course and it's been a great year with many new and exciting challenges conquered. I've been blessed to work with some fantastic athletes and it's been a real honor to be part of their season, success and growth. 2011 will be another action packed year with lots of racing, great training, new goals, some laughs and some surprises as well. Enjoy the holidays, limit your holiday losses and let's have a great start to the new year.

Happy Holidays,

~B

2010 Year in Review

We Comprised a short fun list of TriCentric's most memorable moments and facts of 2010... in no particular order.

- 1. PR's** - awesome race achievements posted by many, many TriCentric training athletes... a few memorable PR's include a Boston qualifying Marathon, sub 5 hour 70.3 Triathlon, many podiums, New personal bests for most TC athletes.
- 2. First timers** - we had impressive first time accomplishments in Ironman, 70.3 distance, Olympic, Sprint, Xterra, Marathon, half Marathon and 5k's... and we even had road and cyclocross racing from a few of the vets.
- 3. Improvements** - in many categories from body composition and weight to improved skills in bike handling, swimming and running and of course race execution... TriCentric is all about improvement and 2010 saw a lot of it ;-)
- 4. Proud moment** - There are many, many proud moments but watching JaSheika James cross the finish line at the Santa Barbara long course triathlon stole the show. some back ground (sorry J... it's the price of inspiration)... Zero swim background, zero cycling background (1st bike this year), limited run background. her first tri (a sprint) she got beat up and turned back for the shore. She talked with the race director and got in the shorter sprint 5 minutes later (takes huge heart to do that) and finished. Started Hawaii 70.3 but did not make the swim cut off... She kept working on her swim stroke and open water skills, then signed up for the SB long course triathlon (toughest, coldest swim I've seen in years)... She raced well and finished strong. we're so proud and inspired by ya J... keep it up!
- 5. Best pre-training meal** - girls at lake arrowhead training camp grilling up a storm
- 6. Biggest TCT turnout** - M3 Olympic distance and Half Ironman, plus 5km and 10km runs: we had podiums in the Half Ironman and the 10k... well done everyone!!!
- 7. Most popular PowerGel flavor** - Green Apple... many, many cases!



Pure complex carbs for sustained energy!

8. Most beautiful race destination - Kona 70.3... this is a must do race... look for it in 2012 with TriCentric

9. Selfless moment - Ed Mackenzie... coming back from a non-training injury that left him sidelined for a year, Ed broke his chain on the Ironman Arizona bike course and saw his goals pass by. After a long wait and fixed chain... he finished the bike and started the run. He saw a guy that was not going so well and decided that if he could not meet his goals, he could help someone else reach their goal of becoming an Ironman... he stayed with him the entire run. Ed is an Ironman a few times over, a great ambassador for our sport a very classy guy!

10. Newest Ironman - Rochelle Lona... Congratulations!!! You did it and with a very solid, balanced performance at Arizona

2011 TriCentric Teaser

Here's a small snapshot of some of the cool things TriCentric has in store for 2011:

- Bikes (thats a big hint)
- Summer uniforms
- New services in bike fit, training programs, performance testing and nutrition
- Training camps and clinics
- Weekly training events



Join TriCentric



Very special thanks to Katie Kyme for all the hard work in 2010 for TriCentric

Email Coach ~B with any suggestions for clinics, questions on the team, or sponsorship opportunities
Email the Coach

We'll see you at the races!

Cheers,

~B

Fun Recipe from Down Under

With the Aussie influence on the TriCentric team we thought it only fitting to share a little history (and a yummy tid-bit) to fill your mind and belly. Now's the time of year (unless your in Australia where its summer) to shuffle your pantry around, put the training food away and try something new... at least for a few weeks.

You still need to eat while training and a delicious alternative for riding fuel could come in the form of a couple of homemade cookies, and here's a recipe that's been very well received, Australia's ANZAC biscuits. Give them a try and tell us what ya think:
<http://australianfood.about.com/od/bakingdesserts/r/Anzac.htm>



ANZAC Biscuit

2010 Photos

Here's a fun photo collage of just a few of the fun TriCentric memories in 2010... let's make 2011 even better :-)



TriCentric 2010 fun in the sun

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