



TriCentric

Newsletter

October 2010

In This Issue

[M3 Races](#)

[Join the team](#)

[TriCentric Services](#)

[Join Our Mailing List!](#)

Quick Links

[Our Website](#)
[Coaching](#)

[Open Water Tips](#)

[Find us on Facebook](#)

PowerBar



The original continues to innovate...
check out what's new

PowerBar's C2MAX



PowerBar sports nutrition products feature the muscle-fueling innovation C2MAX, a powerful, dual-source energy blend featuring a 2:1

Greetings!

As I sit and write this greeting, it just so happens to be my Birthday. Another year older and more importantly, I will age up in triathlon based on USAT rules. I've done my last race as a 30-something and it feels a little odd. So not only is it natural to look back at the year, I am a bit forced to look back at my 30's, most of which have been firmly wrapped around endurance sports... both competing and coaching. As my business and brand grows, it's extremely important to continue doing it for the right reasons, with the right motivation and drive. I still have a huge passion for this stuff and the positive change it brings to the lives of those I work and train with. I hope you too, from time to time, take a moment to make that assessment... it's healthy. Don't be afraid to take a break and lose some fitness... it will come back and you may be a better athlete for it. I've always said "training and racing should bring a balance to your life". So as I sit here and wax philosophic... I'll say thanks for the friendship and support over the years that have brought some balance to my life!

Cheers,

~B

TriCentric at M3 Races!!!



We had a great turnout for the M3 races produced by Renegade Racing. With two distances to choose from, TC athletes were treated to a very challenging course in triple digit temperatures. For the Half Ironman race we had perfect swim conditions resulting in two of our own coming out of the water top 8. The bike course with 6800 feet (that was NOT a typo) of climbing allowed for plenty of opportunities to see each other

and gauge the competition. The run was relatively flat on a two loop course. Our very own Coach Brandon ran himself onto the podium for 3rd place AG on what he called "the hardest course I've ever raced"... having raced many times at Wildflower and the World's toughest Half in Auburn, that's saying a lot!

The Olympic was no slouch of a course delivering a brutal bike course. TriCentric was well represented and highlighted with a strong finish by Lenny Mayzel... great job!

Not too many spectators in the TriCentric family... We prefer to race and participate... Coming all the way from Australia, John Purdy took 2nd AG in the 10k and Jenny Purdy lead the charge in the 5k. It was a challenging day for everyone which made the finish lines that much more gratifying. Congratulations to everyone who raced!

mixture of glucose to fructose
TriCentric Athlete's fuel with PowerBar

Support Local racing and put one of these races on the calendar for next season... you won't be disappointed!

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

Email the Coach

Also... stay tuned for a very big, very cool announcement from TriCentric in next months newsletter... can you guess what it is?

We'll see you at the races!

Cheers,

~B

Join the TriCentric Triathlon Team



Join TriCentric

TriCentric Team Benefits

- Sponsor product and discounts
- Team uniforms and training gear
- Great training options
- Race support with TriCentric canopy at many races
- Access to a professional coach
- Great Teammates and much, much more

Team Commitments

- Compete in at least 4 events in a calendar year in the following categories:
 - ✓ Sprint, Olympic, Half Ironman or Ironman triathlon
 - ✓ 5k, 10k, half Marathon, Marathon
- Act as ambassadors of the TriCentric brand and team
- Wear TriCentric uniforms in at least 4 of the above events and training
- Wear TriCentric top or TriCentric podium shirt to all award ceremonies

Advanced Team

Participation in the TriCentric Advanced Team requires coach approval. As an advanced team member you will have access to advanced weekend training options, advanced camps, athlete page on TriCentric.net, additional support from Coach and sponsors and much more as opportunities arise within the team. Requirements for Advanced Team:

- Top 15% overall result at major competition (and/or Coach approval)
- Wear TriCentric uniform for all races and most training
- Act as ambassadors of the TriCentric brand and team
- Wear TriCentric top or TriCentric podium shirt to all award ceremonies

Join at [JOIN TRICENTRIC TEAM](#)

TriCentric Services

We offer a full range of coaching tiers to support athletes of all levels. Here are some TriCentric Services to supplement your training:

- Sports Massage
- Bike Fitting
- Assessments

More info at [TriCentric Services](#)



TriCentric offers 2 Sports Massage options

[Forward email](#)

 **SafeUnsubscribe**®

This email was sent to katie.kyme@gmail.com by brandon@tricentrictraining.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



TriCentric Training | 74 S. Altadena Dr. | Pasadena | CA | 91107