

# TriCentric

Newsletter September 2010

**In This Issue**

- [Team Launch](#)
- [Racing News](#)
- [Camps & Clinics](#)

[Join Our Mailing List!](#)

**Quick Links**

- [Our Website](#)
- [Coaching](#)
- [Open Water Tips](#)

[Find us on Facebook !\[\]\(f58128c41dc307543fa2591fa073e87a\_img.jpg\)](#)



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



**Join TriCentric at M3**

We are committed to supporting local racing. Join us on 10/10/10 for


**Dear Brandon,**

2010 has been a great year so far and with four months left... we have plenty of training, racing and good times ahead. On a personal note, I started racing Triathlon after a five year hiatus. Its been a lot of fun falling in love with our sport all over again so... many thanks to all my athletes and friends who provide endless inspiration ☺

Cheers,

**~B**

**TriCentric Team**



TriCentric is launching a **Cycling Team!!!** We're currently seeking cyclists who wish to race and train as a group in a semi-coached and well supported environment. Read more at:


[TRICENTRICTEAMS](#)

TriCentric is also launching a performance driven **Triathlon Team.** Emphasis is on skill and performance development within the context of personal goals. If training and racing with the support of a coach and teammates sounds good... read more at:

[TRICENTRICTEAMS](#)

**Racing News**

TriCentric Training has had some great results in the last months. We had a big turn-out in Santa Barbara at the end of August with such team camaraderie on display on the course and afterwards in the expo. Lenny Mayzel is making long-course part of his standard routine and JaSheika James proudly finished her first long course tri, battling some of the worst swim conditions seen all year. It was really exciting seeing all the TriCentric uniforms out in force. Great job Matt, Jon, Lenny, Steve, Jasheika & Katie (who finished 1st age group and 5th overall woman!!!)



Coach ~B in Kona

the half-iron distance, Olympic or 5k. TriCentric will be well represented in all events. Click on the M3 image for more details from our friends at Renegade Racing

TriCentric Athletes receive a discount. Use Code when registering:

tct2010

## Laura's Wholesome Junk Food



Many Thanks to the crew at LWJF for their continued support of TriCentric's annual "Girls Camp"

## Product Spotlight



Ironman Perform: Glucose to Fructose blend, great flavor & *no high fructose corn syrup*

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

**Email the Coach**

Across the country, we had one of TriCentric's newest additions, Michael Mayer who set a PR at Steelman Olympic in Philadelphia. Welcome to the fold, Michael! And good luck at the DC Oly this weekend. Ed Mackenzie has made a comeback to Triathlon after a work injury left him out of competition for 2009. He's racing this weekend at the new Tri Rock race in San Diego on his way to Ironman Arizona in November! Have a great race Ed!!

The 70.3 Series has proven to be very popular amongst the TriCentric Training athletes, and 2010 has shown Hawaii and Vineman were the two most popular. A large team turned up for Hawaii including first timers Laura, Lenny, Jasheika, Rachel and Coach Brandon returned to the multisport challenge. Steve Kern's experience shined on a tough course with a blazing swim... a bike complete with 56miles of the infamous Kona winds and a solid run... a very balanced performance! Many, many TriCentric Bike Fit clients racing Kona as well... great to see all of you out there!!!

Nathan Davis debuted his half-iron prowess in Vineman with a stellar result and finished with a smile on his face! Great achievement! Rochelle joined us for Vineman and is gearing up for Ironman Arizona - her first - in November 2010 and I look forward to reporting her results to the group.

This weekend will see one of the year's most popular races, the Malibu Triathlon, being held in Zuma. Always a battle between Disney and Warner for the Entertainment Challenge, the result is bound to be close. Our own piece of Australia, Katie, will swim in the celebrity relay with the Goo Goo Dolls, just for something different - but remains decked in the TriCentric kit!

## Camps & Clinics

TriCentric Training has hosted some informative - and fun! - training clinics through the summer. One each for open water swimming, climbing and descending on the bike and run form, the experience was well received by the participants and a good way for me to also dive deeper into the needs of my athletes. The invaluable lesson for all once we analyzed each element of running mechanics and form, is that when correctly executed, speed, performance and recovery is improved. We're planning on continuing the series so please let me know if there's something you're interested in covering. Look forward to you joining us next time.

Girls Camp

The second annual TriCentric Training Girls Camp was held in Lake Arrowhead, and was a spectacular weekend of training mid-season, with reflections of achievements made over the last year. Cycling around Big Bear Lake, running on the trail around gorgeous Arrowhead and swimming in the relatively warm water were just the tip of the iceberg. We're definitely looking forward to next year's installment/s.

Laura's Wholesome Junk Food again supplied us with enough bitelettes to sink a ship and in return their fan base continues to grow! Look out for them in your local Wholefoods.



The Australian and Rachel enjoying post ride Bite-lette's at Girls Camp in Lake Arrowhead... powered by Laura's Wholesome Junk Food

We'll see you at the races!

Cheers,

~B

Thanks heaps to Tony and family for their generosity, we couldn't have had private access to a lake without you.