



February 6th, 2008

## PRTriCoach Swim Clinic February 10nd, 17th, and 24<sup>th</sup>

Check out: <http://www.prtricoach.com/clinics.html> for upcoming PRTriCoach swim clinics

### Training



Don't let a flat tire get you down. Brenda and I traveled to Ventura Beach CA for Brenda's parent's 50<sup>th</sup> wedding anniversary! Thanks to Brenda's brother in-law Brian we were able to keep riding despite 6 flats over 5 days of riding. Check out the link below for a few tips:

[http://www.prtricoach.com/Library\\_tri\\_tips\\_tire\\_change.pdf](http://www.prtricoach.com/Library_tri_tips_tire_change.pdf)

or a video clip at:

<http://www.prtricoach.com/Miscellaneous.html>

### Mom had it right

<http://www.hsph.harvard.edu/nutritionsource/fruits.html>



### Racing

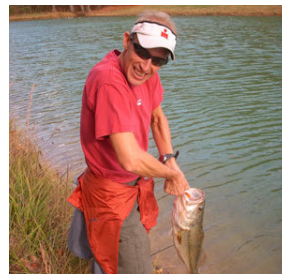


Have you ever wondered about this dusty machine over in the corner of your local gym? Rowers were slaves to "watts" before cyclist knew about the evil term.

Rowers all over the world know their 2000 meter time. Maybe find out your time this winter. I can guarantee around 8 minutes of pain :')

### Shout out to an Adventure Racing Teammate and good friend...

[http://www.slowlitch.com/Interview/Andy\\_Meyer\\_is\\_Kona\\_2008\\_bound\\_146.html](http://www.slowlitch.com/Interview/Andy_Meyer_is_Kona_2008_bound_146.html)



Way to go Andy!!