



Infinite Multisport News

OCTOBER 2009



The President's Corner: As the cold weather moves in, we know the Tri season is officially over! And I think we've seen the close of another strong Ironman season for Infinite with nine IM finishers for 2009 and even more planned in 2010. Looking back at those races I can remember the excitement I had watching our teammates, and the joy I had watching them cross the finish line. I think all of us share in each other's accomplishments because we know what it takes to train, to race and to just get out there and give it our best effort.

As a club, I think we've had a great year with the addition of many new members who are now close friends we've come to know and cheer on in training and in races. On thinking about our goals as a club, I want you to remember our core focus: we started this club to encourage everyone at every level and to ensure the success of all our members. So while I know you see a lot of chatter on Infinite's google group about 3-hour bike rides and 20 mile training runs, don't be shy about coming out for 45 minutes of someone's long bike ride, or 3 miles of that 20 someone has planned for Sunday morning. We want to see you out there, we want to answer your questions, and we want to cheer you on at your race. We've had some great success this year with the events like the club triathlon, the open water swim clinic, the Thursday night run training, and we look forward to more during the next year.

This year was mine and Sandy's 6th season racing, so it is not that difficult to look back and remember the 5k training runs we did at Dodge Park and what a big deal it was to get 45 minutes in on the bike or to link together a few hundred yards in the pool (let alone the open water). Aside from a few 5k's in 2004, I did two only multisport events that year; the Willow Duathlon Relay (I did the bike leg) in early May and the Stony Creek Sprint Triathlon in mid September. I vividly remember how hard that first Tri was and how badly my calf's cramped when I got off the bike. I also remember Ken Sanko riding his 50lb mountain bike in that race and running in a cotton T-shirt with a picture of Curly on the front, and Sandy swimming in an old water skiing wet-suit that held water like a sponge. We have forged some incredible friendships and created some unforgettable memories along the way, and we look forward to so many more. All you have to do it get out there and Tri.

Happy Trails, *Paul Leonard*



Ironman Louisville by Nikki Piersante

Have you ever shown up to a party and felt so out of place that the only thing you wanted to do was high tail it to the nearest exit? That is how I felt the day I showed up on the Thursday before IM Louisville. First off, let me put this out there; I never, ever, ever dreamed of being a triathlete. I was always one of those people who "worked out" at the gym, but not really; ya'll know what I am talking about. As I walked around Louisville, and stared at everyone, all I could think of is I am going to get my ba-donks (read: booty) kicked. My mantra that day was: I can't swim, or bike well, but maybe I can run 26.2 maybe... So I did the only self-respecting thing I could do at the time. I called my coach, Laura Sophiea, and had a meltdown. All she said was, "You can do this Nikki. You are mentally tough. You made it through all of your training. You will prove them all wrong (meaning the thoughts in my head). I went to bed that night feeling a little better, and

woke up the next morning feeling empowered to do my practice swim. As I jumped into the water, I felt calm as I repeated my mantra over and over in the water; this is something I worked on a lot to not freak out in the water. As I exited the swim, I felt great and was smiling. This momentum carried me through the remainder of my pre-race activities Friday and Saturday.

TIP: Always throw the junk out of your head and replace it with positives. Junk bogs you down; empowering thoughts can propel you to achieve your goals.

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IM Louisville cont...

Flash forward to race morning. I reluctantly ate my breakfast because I felt like my stomach was about to jump out of my body; but since Laura kept telling me to eat, I ate and drank my water. Laura and I then walked down to transition and she kept filling my head with positive thoughts. I checked my bike one last time, looked around in amazement and left the scene. I met up with Laura and friends again, and we did the long walk to the swim lineup/start area. The line was long and we had more than a hour to wait. I took this time to mentally go over my race plan and have some quiet time to myself. Before I knew the line was moving and it was time to jump in the water. I jumped in with three other people at the same time; they seemed to use the cannonball technique, while I did more of a modified toothpick.

The water experience was a little weird, since you could see above water, but not below. This being the case, there was some bumping and slapping in the water, but not much. I felt good in the water, stuck with my mantra and did my best to keep moving forward in a straight line. When I exited the water, I excited to get ready for the bike. The thought in my head at this point was, the hardest of the race for me is over, now it is time to have some fun.

TIP (for swim): Do whatever you need to do to stay calm in the water.

T2 was a little weird at first,

since I am not used to people helping me get ready. I was thankful though because they keep you moving. Once dressed I ran to my bike (named: THE HELLO KITTY) and thought wow, I am really doing this. I got to the mount line and once again Laura was cheering, I could not hear exactly what she said, but I knew it was good stuff. I hopped on my bike and was off. Twice during the summer I came down to practice on the course with my friend Neal, so I knew what to expect. This made it hard for me not to go out hard from the get go. I also think this is difficult for any person doing an Iron distance for the first time to really gauge how fast they should start and when to really push it. For me I wanted to do a negative split, so I was conservative the first half, then pushed a little harder to mile 100 and then really raced the last part. I did do a negative split, but looking back I think I could have gone a bit harder on the bike...but don't we all think that. Overall I did like the bike course and all the rolling hills that went with it. I thought some parts were very narrow, with people racing up and down a hill at the same time, but still manageable.

TIP (for the bike): Stick to your nutrition plan, no matter what, and always put chamois butter on before you get on the bike; wet bike shorts and 112 miles without it = owe!!!

T2 was fantastic, I had people drying my feet, putting on my

socks and shoes, and cheering me on at the same time. I was really fired up for the run, since this is what I love to do the most. I made sure I hit the bathroom; since I did not want to stop later, and away I went. During the first mile I felt pretty good, but somewhere between 2 and 3 my stomach was not being nice to me. As this was occurring Laura came up next to me on her bike. I told her what was up, and she said, "Nikki, this is your rough patch, you will get through this, and once you do you will be okay." I ran on, and emptied my stomach twice while running (I thought that was pretty talented). Then right before mile 6, I knew I was in for it, and grew very upset that I would now have to stop at the bathroom. I flew inside, and gave myself 5 minutes to get everything out. I hate losing time like this, but I had no other option. When I got out I began to take in cola. This seemed to help, but I had to get it every mile; because once you start cola you have to keep using it. I did slow down a little bit after the stop, but I stayed positive.

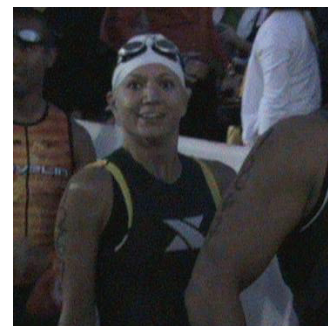
TIP (run): Keep running, stick to nutrition plan, and do not give into those pesky little thoughts that try to creep into your head.

As I approached the final mile, I was over the moon with pride, excitement, and gratitude. I was high fiving, dancing around, whoo-hooing until I hit the finish line! 12:21:57



"As I approached the final mile, I was over the moon with pride, excitement, and gratitude."

-Nikki Piersante
(on her last IM mile).



Congrats to
IRONMAN
Nikki Piersante:
12:21:57



Congrats also to
IRONMAN
Bryan Sieber: 10:26:22

Mooove Over IM-WISCO, INFINITE is Coming in 2010



The second weekend in September 2009 brought a new adventure to Infinite. Two (2) Ironman veterans, and more than a handful of hopefuls traveled to Madison (upon the recommendation of our fearless leader) and volunteered for 7 hours longer than all other IM-WIS 09 volunteers (thanks again Paul)—however, they brought back with them a wealth of knowledge to share with fellow club members, as they begin a year-long journey on a quest to hear Mike Reilly say:

“[INSERT NAME] you are an IRONMAN”here is what they learned:

A Volunteer’s Guide to the IRONMAN:

On volunteering...

If you want to stand in the sun for 10 hours and see the racers twice within that time; then pick the bike aid station #1 on Whalen Rd. If you don't want to smell cow poop, burn from the suns rays or get yelled at to get out of the middle of the road; pick a different station. On the other hand – the people at the finish line wear rubber gloves and have to take each athlete by the arm and escort them out of the finish chute – that might get pretty slippery, yucky sweaty, germey, or you might even get puked on.

Tips learned to help us when we’re on the course...

When coming into the aid station yell out LOUD what you want so volunteers can react then point to and call out to the person you will be taking it from. I heard YOU, YOU, YOU, YOU – banana or COLD water and I SAW them pointing at me so I knew they wanted what I was holding out. It makes the hand-off easier for both parties.

If you want something from an aid station make sure you are on the side of the road closest to the aid station. A few times riders needed something but were

in three deep in the Peleton. There is no way you can give them what they want.

Have an empty spot on your bike to put the bottles from the aid station. Don't bring your good insulated bottles – you'll be tossing your bottle and picking up either orange Endurance Gatorade or H2O.

Don't waste time getting a gel through an aid station. One athlete had her gels (4 of them) attached to her bike with electrical tape wrapping once across the top for each gel so she could just tear one off and it opened with the tear off.

Bananas are the best food to get through an aid station.

There really is such a thing as a penalty tent.

When you think you're suffering on race day just know there are racers out there worse off than you.

There is no replacement for the real thing. Experiencing those hills in person will pay huge dividends.

Be decisive when you're go-

ing through the transition areas. Start yelling what you want at the beginning so the volunteers can react. Point at a person you want to grab something from, it makes the handoff easier for both parties.

Seeing the athletes in action made this point stand out even more. Nutrition is a HUGE part of this race, so start figuring out what electrolytes are the best for you.

And finally.....

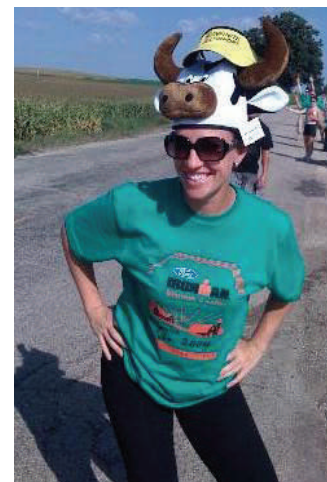
This club is filled with some really phenomenal people, even Jay (you know you're alright by me, Trike). It is the most supportive, encouraging, positive minded, determined group of people I've ever had the pleasure to be around. I had a blast during the Wisconsin weekend and am really looking forward to experiencing this entire journey as a team!

Thanks to Paul for telling us the best way to get into an Ironman is to volunteer – it is without a doubt the best way to enter into this Ironman craze.

Infinite Multisport takes Wisconsin

“This is a dairy farm; not a ranch.”

-Val (the cow farm volunteer captain)



SWIM 2.4 MI

BIKE 112 MI

RUN 26.2 MI



IRONMAN Wisconsin *by Kris Armstrong*

My Ironman journey started like so many others, by watching the Championship event in Hawaii many years ago on Wide World of Sports. It was the late 70's and seemed at the time impossible for the average person to even think of completing such a feat. It wasn't until 2000 that I thought maybe I could do this, so I joined a Masters Swim Team at the local YMCA to improve my swimming and attended Hanson's speed workout to improve my running. My first triathlon was the Anchor Bay Sprint. Yes, I panicked during the first half of the swim but got it together to finish. I did another sprint that year and tried an Olympic distance the following year. I really suffered on the 10k run and decided maybe this isn't for me.

Years passed, and a mountain bike buddy, Matt Hotts, finished Ironman Wisconsin in 2006. When talking about his experience he simply said, "Dude, you can do it." I don't know why, but I believed him. At that moment I knew if I was going to attempt an Ironman, I needed to surround myself with people who not only have done an Ironman but also others who were on the same road as myself. So in 2007 I joined Infinite Multisport. Each year more members became Ironmen and made my dream seem

Well it's complete, I am an Ironman. I describe it as the most overwhelming physical, mental and emotional thing I've ever done, where finishing is all that really matters. That having the support of your family and friends is what carries you across the finish line. After the first lap of the marathon Rose simply said, "Be strong." That's what kept going through my mind as I walked much of the run. And it was the cheers of club members that inspired me to run to the finish and hear those words, "Kris Armstrong, you are an Ironman!"

So, if you are just starting your journey or somewhere in-between, know that there are many friends in the club who will be either cheering from the sidelines or running along side of you all the way to the finish. It's a wonderful experience I will always remember, not only as one of the longest events I've completed, but because of all the cool people I've met along the way.

Enjoy your journey!

Infinite Multisport takes Wisconsin

"Dude, you can do it."

*-Matt Hotts'
advice on IRONMAN*

**Congrats to WISCONSON 2009
IRONMEN:**

Kris Armstrong

Dean Corrion and

Jody Wollack



Member Spotlight: John Fleming

Born in: Detroit (12/25/62).

Now live: ShelbyTownship.

Age: 46

Fav discipline: Swimming.

Fav post-race food: Watermelon.

Last book I read: The Seven Storey Mountain, by Thomas Merton.

Favorite movie: Singin' in the Rain, The Incredibles, Diner, maybe Casablanca, No Way Home, The Three Stooges Go to Mars, or The Last Picture Show. It's hard to decide.

Favorite thing to do:

Outdoor adventures.

What most people don't know about me:

I was a DJ in college.

Something my parents taught me that stuck:

Life is for living

Interesting personal story: When I was 41, my doctor told me I was going to die in my 40s unless I started working out an hour a day, 5 days a week. Because dying was not enough of a motivating factor, I started racing triathlons.

Memorable event/experience:

I was false-charged by a grizzly while fishing the Russian River in Alaska.

Why I like the club: I would never have been able to train or race as hard as I did this past year without the support and encouragement of this group. As an added bonus, I

get all kinds of interesting e-mail (such as double-dog-dares to swim a 10K, or eat a 5 lb. hamburger.)



Thanks John!



"As an added bonus, I get all kinds of interesting e-mail (such as double-dog-dares to swim a 10K, or eat a 5 lb. hamburger)."

-John Fleming on why he likes INFINITE.

Athlete's Corner... Jeff Nazarko takes the Chicago Triathlon



I picked the Chicago Triathlon as my first Olympic Distance event after receiving feedback from club members that this was really a great, well organized race and I wasn't disappointed.

Justine and I headed out to Chicago the Friday

night before the race to get ourselves registered, settle in and start a great birthday celebration (Justine's) that would be capped off watching her loving husband in a really cool race (Happy Birthday!). We stayed at the Hilton Chicago which was the host hotel for the race (we'll be booking there for next year's race to watch Justine compete – Go Justine).

Having the hotel so close to registration, the expo, and the

race was a big benefit, especially because we are still inexperienced with big races.

While traveling, Justine and I try to find one really nice restaurant that is laid back, serves great food, and is reasonably priced. For this trip we picked Shaw's Crab Shack. The food was just delicious. After dinner, we met Courtney Roschek and Chris Floriano for drinks, chatted about the race a bit, and talked about what to expect. Great company and great drinks, really helped calm my nerves about what to expect given this was my first race, and I was REALLY nervous about the swim portion.

On race day, set up starts about 4:15 a.m.-ish. It was about ½ mile from the hotel to T1 so I got up early, and found an end position on the rack. Given that there are 7000+ racers, picking a convenient, easy to find spot was a good idea. It's important to FOLLOW DIRECTIONS that were provided. Security was really great here and made sure that riders had both bracelet and race bibs with them.

There were 50+ waves that went out in 4 minute intervals (I was in w 38: about 9:00 a.m.). The swim was a breeze!! It followed the shoreline the entire way, and at no time was I concerned about getting in trouble. This should be a welcome...

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Nazarko takes the Chicago Triathlon cont...

...relief to those venturing in at this distance or those nervous about the swim in general.

T1 is about 400 yards away from the swim and we were allowed to bring a pair of shoes to make the run in if desired. I had Justine hand me a pair when I exited the water but don't believe they were really necessary in retrospect. Most of the distance from the swim was covered in mats or on concrete. I found my bike quickly and made a fairly quick transition to the bike course.

The bike course is an out and back course that consists of two loops up and down Lakeshore Drive. Given the number of riders, I chose to take a road bike this year to make myself a little more maneuverable and would do it again in a heartbeat. Riders were supposed to ride in the left and pass on the right – this didn't happen, and inexperienced riders were swerving in and out of their land without considering riders around them – two pros hit two separate age groupers. There were

also a number of water bottles dropped from cages that were too loose to hold them. I hit one at full speed on a downhill and was lucky that the bike stayed rubber side down. The last warning I'd provide regarding the course has to do with the land setup. When the lanes were poured, there was a ½ inch gap that was left between adjacent lanes. Not a big deal if you know how to switch lanes but getting your tire stuck between is a nice way to get a flat, which there were many of. All that said, I really enjoyed the ride but wanted others to be more aware of their surroundings.

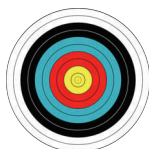
T2 went off smoothly and I was on the run in no time. The run course was well supported and very scenic.

This is a race that I'll probably do year after year given its host city and proximity to Chicago. I really enjoyed myself.



"I am not underestimating the need for "strong" muscles, but only stressing the fact that no matter how strong your muscles are, you cannot compete if you are injured. I will take a "smart" muscle over a "strong" muscle any day."

- Tracy Ryckaert



On Target with Tracy: Triathletes in Transition.

I appreciated the opportunity to speak to the club at the September meeting and enjoyed answering some great questions. For those of you who were unable to attend I wanted to take this opportunity to review some of the key points discussed.

Early fall is when we see the greatest number of triathletes in physical therapy. They train all year in preparation of multiple distances of competition, usually remaining injury free, and then the mistake made at the conclusion of triathlon season is the abrupt elimination of swimming and cycling in preparation for a fall marathon. These two additional disciplines assist in balancing muscle strength and needed ROM at the hips and

thoracic spine to avoid injuries such as plantar fasciitis, low back pain, knee pain, (these are only a few of the injuries I witnessed last fall).

I fully understand the time demand to prepare for a marathon, but recommend reducing your swim and cycling time without complete elimination. For those who are not preparing for a fall marathon, and are in the process of returning to the gym to initiate your winter work out program. Take the time to thoroughly assess your chosen sport and consider the demands it puts on your body.



TRACY'S ADVICE

I challenge you to think less about specific muscles that need to be strong and more about.....

The movement patterns required for triathlons.

- Single-leg balance (count how many times you land on one leg in your next run),
- Upper back (thoracic spine) rotation and extension: to reduce rotator cuff stress in your swim.
- Ankle range of motion and stability (stay tuned for the running shoe presentation Kellie has prepared)

Restoring mobility to muscles that have been over used.

- Lat muscles have tightened from swimming and the road bike positioning. Don't spend time strengthening them with lat pull-downs. Train them to work in lengthened positions with upper back rotation & extension. Sitting your butt down on a bench to pull a bar behind your head 20 times doesn't look like swimming or cycling to me.
- Offer those IT bands some relief with foam -rolling and glute activation.
- A few downward dogs restores length of the calf muscles in addition to inhibiting tightness of your upper trap muscles.

Your Season is Over; What Now? *By Kellie Kource*

October through February are interesting months for athletes. By October or November, most athletes' racing seasons have come to a close, and we are letting bodies and minds heal. After enjoying some downtime and unstructured training, many athletes find themselves asking "what now?"

Now is the time to evaluate how this past season went, and where you want to go next season. Did your training and racing look how you wanted it to? Was there one discipline, or more, that you struggled with? Check your past race results and training logs and determine if there was a specific area that was lacking. What can you do different next season to achieve your goals? This is the time to

focus on your weak disciplines, and identify what you can do to prepare yourself to go into next seasons' training strong and confident. For example, if you know your swim form is off, now is the time to focus on form in the pool and not distance or speed. If you are powerful on the bike, but cannot hold pace for very long, and next year you want to do longer races, it may be time to work on building your endurance instead of doing short quick power workouts.

Learn what you can about the area you are lacking, and what it might take to work on your limiter. If you are not sure what to do to work on your limiters, find someone to help you evaluate, and to help you come up with a plan to work on your

limiter. Many think that working on your limiter comes at the expense of the other disciplines, but it doesn't have to. You can work hard at one discipline while maintaining in the other areas. One example is if you normally swim 3 times a week, bike 3 times, and run 3 times, and your run is your limiter, move 1 swim or 1 bike session into a run session so you are now running 4 times a week. Most athletes stick to what they know and love, but the benefits of working on the areas you need to improve during a point the year when you are not training for a specific race, will pay big dividends when race season rolls around again!

Questions? Comments?
coachkell@gmail.com



The Traveling Infinite Hat....

The Traveling Infinite Hat made a "business" trip to Mexico with Ed Sosnowski this month (read: let's be serious, Ed's playing soccer)! Send in pictures of you in your Infinite hat for the next newsletter!



The Tawas 1/2 Ironman *By Corey Strauch*

After a cheek clenching three hour ride with Mr. Don "Get out of my way," Zimmer we arrived in the beautiful town of Tawas or East Tawas.....blinked and went through it. This event was 3D's end of the season Triathlon Festival. They were offering a Sprint, Olympic and Half Iron Distance, and according to Ken had close to 600 athletes.

After packet pickup Friday afternoon, Don and I decided to drive the bike course which took us out of town onto Monument Road for 14 miles or so to River Road. We continued to the turnaround and noticed a couple rollers but nothing to be concerned about. The course would be fast and offered shade the whole way. On the way back, the course took a three-mile detour down Dam Rd., a steep winding descent to Cook Dam, then as per usual a quick turn around and right back up we went. This would be the strong effort needed on the bike. After driving the course, we got some grub and settled in.

Race morning started at 5:30 a.m. with the hotel's continental breakfast (bagel with PB for me), then a short drive to the transition area. After taking too much time setting up my area, according to Don, we headed to the water to pee in our wetsuits. "What like you never did it..." The athletes went off at 8:00 a.m., and there were 135 of us at the beach start. As we ran into a foot and a half of water then turned right for a counter clockwise swim I realized I didn't really like this idea. Running fast into the water and belly flopping on three people didn't sit too well as a got panicked and had to doggy paddle for a bit. After about 250 yards, I settled in and followed the feet in front of me. It was a one loop course and on the way out the sun was at our backs. On the way in, with the sun in my eyes I couldn't see a thing and just followed feet. It worked, and I emerged from the water in 35 minutes. We then had to run 350 yards to T1 from the beach over US 23, some railroad tracks and behind an ice cream store (not open yet).

Once on my bike, I just kept within myself as a group broke away at about mile 18. The course, as described before was awesome. I just flew the whole way. My nutrition went flawless with taking a sip from my gel flask every 20 minutes with HEED and water as needed. At the turn I was in 10th place, well behind the breakaway group who seemed to be using a Team Time Trial approach to the race (not legal but effective) I caught one on the hill out of the dam moving into 9th then one more on the way into town.

Continued on page 8.

TAWAS *continued from page 7*

So into T2 I was sitting in 8th. Oh to keep a theme I peed myself on the bike; a nice down hill, got up some speed and Weeeeeee!

Transitioned smoothly: Shoes on, visor on, and go. Well I had the "go" part for about 3 miles then it went. In those three miles I caught and passed three more people and was passed by one young guy who was laying down a low six minute pace. For the rest of the race I trudged along alone comfortably in 6th place.

The course was two loops through residential streets and

stations about every two miles and one PortaPotty (which I missed-used a tree). The stations were well staffed and stocked. The finish was $\frac{3}{4}$ of a mile straight away in which the second loop turn is just in front of the finish area, so as I came into the finish, others were just heading out on their second lap. I just felt good to be done. I crossed the finish in just under 5 hours, which was my primary goal, 6th overall and 1st in age group.

I was very happy with the results, but was more so appreciative of the venue, volunteers

and 3D for a very well put together race. I would STRONGLY suggest this race to anyone; and with three options for distance you could find one that fits.

They had a Bonfire and BBQ later in the evening that I was unable to stay for due to a 7.5 hour drive to Madison to sign up for Ironman Wisconsin 2010.

Peace out—Corey



"Weeeeeee!"

-Corey Strauch

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A Note of Inspiration *from Brandy Woodall*

Training for races almost inevitably will cut in on family time. And for all of the moms in our group, I know I struggle with the idea of being away from my girls for a two-hour run or on a Sunday for half a day to race. So where is the payoff and is it worth the time and effort? I think I speak for most of us when say ABSOLUTELY!!

Growing up as one of five children I was very lucky to have parents that embraced the lifestyle of health and wellness. My dad lifted weights and ran almost every day and my mom danced (or maybe it was keeping up with 5 kids that kept her in such great shape). At any rate they gave me the best gifts ever - the knowledge that if I stick with something I can be good at it, self-esteem and pride in my physicality, a close relationship with my brother and sisters and parents that can still hike a mountain at the drop of a hat. My dad conquered one of the Three Sisters Mountain with my brother recently - in one day. I run with my Dad whenever I get the chance (and he's the best coach- EVER). I lift weights with my Mom, and my daughters get the chance to watch me just like I watched my parents, who, if you can't tell, are my heroes.

So I say, lace up your shoes, grab your helmet or put on your goggles and go. Your family will thank you for the empowered person you are making yourself and the empowered person they will become through your example!



INFINITE CLASSIFIEDS



MEMBER BENEFITS

Club dues are \$30 for the year and due in January each year. For your \$30 Infinite Multisport membership, you will receive the following benefits from our many sponsors by using your id card:

Fraser Bicycle – 5% off Bikes, 15% off everything else in the store.

Finis – www.finisinc.com 20% orders

3 Disciplines Racing - \$10 off Triathlons, \$5 off Duathlons.

PowerBar – look for lots of freebies to be passed out at meetings and other club functions.

RudyProject – 35-50% discount for sunglasses, helmets, goggles and accessories.

MIHP – Michigan Institute for Human Performance – Free ½ hour consultations for injuries and performance enhancement. 15% off personal training, monthly programs, and biomedical assessments. 10% off books, DVD's, and other merchandise.

SBR Multisports – 5% off all orders, free ground shipping on orders over \$99.00.

Pacific Health Labs – 20% discount on Accelerade, Endurox R4, and Accel Gel.

Engineered Athletics – Discounts on VO2 max testing, RMR testing, Body Fat testing.

Hanson's Running Shops – 10% off everything in the store.

Sports Basement - offers triathlon specific gear, but also has ski and snowboard gear, sunglasses, electronics, camping and travel gear, bags and luggage. They offer a 10% discount of everything in their store to members. Contact Paul Leonard for the discount code.

Triathlonbags.com – discounts on Tri-specific bags, backpacks, and gear.

Flex-Power - Flex-Power Performance Sports Cream is a CLEAN SCENTED pre- and post-activity solution that was initially created to help world-class athletes cope with the aches and pains that come with strenuous workout and activity, Contact Paul Leonard for the discount code.

SERVICES

Triathlon Coaching:

Kellie Kource (USAT certified triathlon coach) available for coaching and training plans. Contact Kellie at coachkell@gmail.com or at: 248-459-0709

Financial Planning:

LIFE DOESN'T STAND STILL AND NEITHER SHOULD YOUR INVESTMENTS.

To see if rebalancing makes sense, call or visit today to request a free Portfolio Review.

Paul S. Leonard

Financial Advisor www.edwardjones.com

Member SIPC

19806 Mack Avenue

Grosse Pointe Woods, MI 48236

313-884-0175

Child Care:

If you are looking for a fun, experienced and energetic child care provider for your children on weekends or some weekday nights, then look no further. I am a certified teacher with 13 years of experience. Call me at (586) 770-7574. Nicole Piersante

Freelance Internet Design:

Tara Lindstrom, Internet Programmer

MS SQL Server ASP.NET (VB, C#)

Web Applications, Web Sites, Interface Design

tara.lindstrom@hotmail.com

248-520-2048

UP-N-COMING CLUB EVENTS!

(Oct 10) Cider Mill Ride 9:30 a.m.

(Oct 25) Cider Mill Ride 2

(Oct 31) Halloween Party 8:30 p.m.

(Dec 5) Holiday Party

Contact Nikki Piersante and/or Sue Lint-Pirtle for more details! piersante@yahoo.com or

susanlint@hotmail.com

There is no charge to advertise any triathlon-related items you want to sell, such as a bike, wet suit, helmet, bike shoes, etc. Just send a picture and description of the item to Joellen Haines at joellen61264@yahoo.com and we will place the ad in our newsletter.

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