



Infinite Multisport News Nov. 2008

Contact us at: infinitemultisport.com

President's Corner

By Paul Leonard

Although the weather these last few days hasn't proven it, we are heading into the "off season." It became most evident to me this past Sunday, November 1st, when the sun disappeared by 5:30 p.m. I realized then that there wouldn't be any more Tuesday or Thursday afternoon rides for a few months unless it's in my basement on the trainer (I think I shed a tear). A few of us still have a few weeks of heavy training until the final race of the year, but for most of us, it's time for a much needed and deserved break from training. I'll save the sappy year end review piece for the January newsletter, but now might be a great time to look back and evaluate the past season and start looking at next year's potential goals.

I am working on the 2009 Race Matrix and should have that out shortly – maybe that will help all of you with dates and plans. For me it has been tough to stay motivated and focused on racing and training since July, so I am looking forward to the winter to get back into the gym and do something other than running, biking, and swimming. Of course, I'll still log those ever important "base miles."

To give myself more motivation for tackling the off season, I figured I better start setting some goals for next year, so Sandy and I registered for a marathon on February 1. I've run four marathons over the past year, yet my most recent (a few weeks ago) was my slowest, and I've never actually run the whole marathon. So, my goal is to actually run the whole race. I guess my overall time still doesn't matter, but I figure if I actually run the whole race my time has to improve – doesn't it? I've written out one goal here and shared it with everyone, so now I'm committed and have to make it happen. So, what's your goal for the next season? When you figure it out, let me know and I'll be sure to make you accountable. So, let's get out there and make it happen – happy trails!



Club Winter Run Series

The club is planning a series of winter training runs on area trails to provide challenge and fun for members and non-members. The courses may include off-road trails at Stoney Creek, Bald Mountain, Pontiac Lake and Independence Oaks. We are looking at the 3rd Saturday for 4 consecutive months - January through April - with a 10 a.m. start time. The trail run series will offer short and long distances, water stops, and a designated place to meet for breakfast or brunch directly following. Anyone with questions or comments should contact Kellie Kource at klc09@hotmail.com. See you in the snow!



Order Uniforms Before Jan. 1st

Anyone who is interested in ordering a new Infinite team uniform for the Spring needs to order it by **January 1, 2009**. Pactimo.com is the site to see an extensive line of team wear such as skin suits, arm warmers, long sleeve shirts and hats. These items can be ordered in as few as five piece orders. Get together with your friends and see who can be the first to wear Infinite accessories. Currently, we have the following in stock:

Women's Racing Uniforms:
Tops- 1 xl, 1 large, 1 small (\$45)

Bottoms-1 med, 2 small (\$40)

Men's Racing Uniforms:
1 xxlarge top

Also available:
Infinite race hats (\$20), small short sleeve tech shirt (\$15), med. short sleeved tech shirts, large short sleeved tech shirts and a few extra-large short sleeved tech shirts.



Tara Lindstrom

Any Given Day..."

By Brandy Woodall

Any given day....." These are the words Ironman legend Dave Scott (pictured below with Brandy and her daughter) used when I had a chance to talk



to him at the Chicago Accenture Expo a few years ago. He asked me how I thought I would do the next day during my race. When I replied with something along the line of "We'll see," he said, "You know, any given day you may just have the best race of your life." And I thought, wow – this

man is a hero and yet humble enough to realize that an every-day man (or woman) like me, has the ability to be pretty darn amazing.

It was an inspiration to have that kind of positive direction given to me, and as I remember it, I did have a great race – if not time-wise, then certainly mentally and then again physically. I think from that day forward I have not gone on a run, bike or swim without being thankful for the gift of my healthy body and the ability to be able to get up and go for a run. There are many in this world that would give anything to stand up and simply be able to walk, and I try to remember this (and not take myself too seriously) when I race or have a bad day. It's important to remember that any day that I'm here is *any given day* – possibly the *best* day of my life.

Fraser Bike Hosts Club Meeting

For the October club meeting, Tony V. and Fraser Bicycle hosted an introduction to their Cycle Training Lab and answered questions about nutrition, training, their Computrainers, services



and rates. Tony also covered the benefits of metabolic testing and using the Fit Studio to get the best fit and feel for your bike. For the Training Lab, reservations can be made online at: fraserbicycle.com

Member Spotlight

Rod Swanson

Born in: Pontiac and grew up in Clarkston. Lives in: Harrison Twp (temporary residence) with wife, Dawn and son, Kyle Reese Swanson (born Sept 30, 2008) **Age: 39**

Favorite Tri Discipline: Biking! I have made friends with running, but definitely not swimming.

Favorite post-race food: Coca Cola

Last book I read: Since age 10, I don't know that I have read a book

that wasn't a text book...other than Guinness Book of Records. I think I speed read Great Expectations to see if it was like the movie...it wasn't.

Favorite thing to do: Other than cycling and race training? I used to play NTN/buzz time trivia at the bar a lot. Now it's spending time with Kyle.

What most people don't know about me: I have lost more than 50 pounds since January 1st, 2006. I was about 215 that day; I got to 162 during the race season.

Interesting personal best: Bowled 299 game and eight 700 series. I guess those and the fact I was a 200+ average bowler could have gone under what "most people don't know about me." I would consider most of my racing PRs to be works in progress. Until I run PR miles or 5ks that approach high school speeds, I feel I have room to go.

Memorable event or experience: I attended two games of the World Cup 1994 at the Silverdome and spent most of the week with a group of Swedish football fans.

Advice to other athletes: Running, to me, is the key to quality finishes. A) It's how you finish. You have to do it when you are the most tired. B) You can "buy speed" both swimming and biking, but when you run, it's you, your fitness and your hydration/nutrition. You can't coast or backstroke, et al. It's the point in the race when you find out if you are your own best friend or worst enemy.

Anything else to add? A thanks to the members of the club for the motivation and advice I have received since joining. I am a bit of a lone wolf as far as training goes, but the swim nights are a definite must for my race preparation.



Traveling Infinite Hat

The Traveling Infinite Hat made a few trips this month to our hometown of Detroit for the half marathon with Joellen Haines (pictured at right), and then to Washington D.C. for the Marine Corp. Marathon with Jon Haines (below).



Ken Sanko (pictured right) was in New York's Central Park during the NYC Marathon. Keep traveling athletes, and don't forget to get a picture of you in the Infinite Multisport hat!



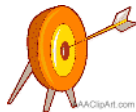
On Target with Tracy Transitioning From Triathlon Season to Fall Marathons

By Tracy Ryckaert

I was inspired to write this article after realizing the quantity of injuries we are seeing in physical therapy in triathletes who have been reducing their swimming and cycling to train for fall marathons. Knee pain, IT band syndrome, Achilles tendonitis and low back pain are a few of the diagnoses that we are treating in this community.

So why are these incredible athletes who have just finished an entire season enduring high volumes of training, some Ironman distances, now getting injured after they reduce their volume to focus on just running?

It is my opinion that weekly cycling maintains a good amount of hip **strength** - which assists in lower extremity stabilization during running. Weekly swimming will maintain **mobility** by



restoring rotational patterns that are needed to elongate the muscles that are overused in running. And as great as running is for building endurance, mental strength, and burning those calories, it is also the number one activity that will rob your body of its natural movement patterns and strength of key muscles. An athlete has the mental strength to overcome many obstacles and will quickly use compensating movement patterns and muscles to overcome weaknesses in the primary muscles. As a result, these compensating muscles (such as the IT band or Achilles tendon) will tighten up and result in injury. The compensating movement patterns will put an overload on joints such as the knee and low back. And all of a sudden you are sidelined with one of the above-listed injuries.

So my recommendation...continue weekly swimming and cycling to maintain needed strength and mobility and consider researching a marathon training program that compliments the endurance a triathlete already possesses.

Tracy Ryckaert, PTA, NSCA-CPT
Director Performance Enhancement

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Athletes Corner

Ironman Muskoka 70.3 72.3

By Stan Krasovic

After completing the Steelhead 70.3 race last year, I started to think about what my "A" race would be for 2008. Then the very next week the inaugural Ironman Muskoka 70.3 was announced. I had no idea where Muskoka was, but a quick Google maps search revealed that it was only 350 miles away, making it the next closest 70.3 event. Before I even registered for the race, I



called and got a room at the host hotel, the Deerhurst Resort. The race filled up all 1,700

entries, and registration was closed the first week of October 2007, 11 months before race day.



Muskoka is no stranger to triathlons. They host a popular half-iron distance race, and in 1992 even hosted the ITU World Championship Triathlon. Of the 1,700 athletes registered for this year's event, 1,402 were from Ontario. The race organizers were Trisport North, who put on an exceptional race.

Although I can't even begin to imagine what Lake Placid was like this year, I do have some idea since it rained all weekend in Muskoka.

The swim was a wave start to a rectangular loop course in Peninsula Lake. Water temps were reported at 67°. Exiting the lake via wooden stairs, there were volunteers to assist you getting out of the water as well as wetsuit strippers for those who needed them. Then came one of the more challenging parts of the day: a long, steep, paved hill up to the hotel parking lot and the bike transition.

The bike route would have been challenging on a nice day, but the wind and rain made for a brutal morning. Luckily I was off the bike before the heavy rain started. I had read some race reports where people reported a number of wipe-outs as the rain picked up. There were some rough patches of road as well as some stretches that were recently paved. That, combined with the rain, made my bike and my legs very dirty. In order to accommodate a one-loop course around the Lake of Bays, the bike portion was actually 58 miles long instead of the standard 56. I got up to 40 mph on some of the downhills and struggled uphill as slow as 7 mph. I couldn't wait to get off the bike and start running.

T2 was smooth and although my quads were starting to cramp from the hills, it felt good to be running and actually pass some people. The rain really picked up and washed all the dirt off of me. The hills on the run were brutal as well and there were more walkers than runners. The route took you on portions of pavement, gravel, broken pavement, and rocks, feeling almost like an Xterra event. The last 5 km was on the rolling, switchback hills of the golf course which was quite a challenge at the end of such a long race.

I cannot say enough good things about this race, the volunteers, and the entire weekend. Muskoka is to Toronto what Traverse City is to Detroit. It is very beautiful and picturesque. Everything was very well organized and the crowd/volunteer support was awesome despite the rain. I won't be doing this event next year as I have other races on my wish list but I would highly recommend it to everyone. My advice would be to 1) sign up early, 2) stay at the host hotel, and 3) train for the hills. Good Luck!

Brooksie Way 1/2 Marathon

By Laura Fergle

The first running of the Brooksie Way 1/2 Marathon was on Sunday, October 5th in Rochester Hills. It was a great race as far as organization, volunteer participation, amount of aid on the course, post race activities, etc. The course was very challenging, but nice, using the trails and scenic roads through Rochester Hills. The first 6+ miles are mostly flat and even downhill in many spots.



You need to be prepared though, as the second part of this course was very hard, about 4-5 miles of uphill with some steep hills and very little downhill until mile 10+. I had an "off" day running so the second half for me was quite brutal. In fact, at mile 10 the race went past the entrance of my subdivision and my desire to run home and crawl back into bed was thwarted only by the fact that my family came to encourage me. That kept me going to the finish.

The finish was very scenic, right in the front of Meadowbrook Hall and the whole last 1/4 mile or so was packed with spectators, family members, and volunteers. You couldn't help but find that little bit of energy left to sprint in. Hats off to the Crim Foundation and Oakland County for getting over 5,000 participants! The highlight of the race for me (other than being finished) was beating my goal time of under 2:00 and ended up at 1:59:55! I had room to spare (barely)!

Great Pumpkin/Spooky Sprint Duathlon Offers a Fall Treat

By Sandra Leonard

For anyone who loves a good fall season duathlon, 3 Disciplines puts on a fun October race. Although the event was lightly attended by the club, (just Paul and I, and stalwart Jay Adams who came to help with volunteering), it was a gentle 10 a.m. Saturday morning start instead of the usual 7 a.m. The 4:30 a.m. wake up call really gets old at the end of the season. The race site was situated not far from the Motor City Tri swim start on Belle Isle. The run was part asphalt which continued through a very pleasant woodsy trail. With the beautiful fall colors surrounding the participants, Belle Isle gave honor to her name. The bike portion included basic loops around the island with some slight wind on the course. After a season of 95 degree heat and gale force winds the race seemed very pleasant. There were a lot of newbie's there with mountain bikes and less than aerodynamic clothing which reminded me of the club's "old days." I couldn't help but enjoy their trepidation and tried to help out where I could. We enjoyed cider and caramel apples and plenty of Halloween candy. We basked in the sun waiting for our awards. With Jay cheering us in, Paul and I escaped with two first prizes! We were on our way home before long to enjoy our afternoon, still able to lift our bikes off the car and walk upright.



Akron Roadrunner Marathon

By Ken Herrington

This was my first full marathon. I chose Akron because I knew a group of people going and I wanted a medal with the roadrunner on it....Beep, Beep!



Anyway, the memorable thing about this race is the hills. You can't appreciate how hilly Akron is until you run it. I have done training runs in Rochester, but that is strolling through a park compared to Akron. The worst is from mile 15 - 20. There are plenty of hills before that point,

but that is where your butt gets kicked. They even have a nickname for miles 16 - 18. It's called "Climbing out of the valley." Basically, you run on a seemingly constant uphill grade for 2 miles. FYI, the elevation chart lies. It looks like the last 3 miles are a downhill grade....no way. There are still plenty of hills the last few miles. If you have your strength training done and love hills, this race is for you.

Now, onto the rewards. When you turn the corner at the stadium entrance and suddenly find yourself running into a wide open stadium with the stands full of people, you forget how wasted your legs feel as you make that final push to finish line. The finishing line is way cool. The stadium is used by the Akron Aeros (minor league baseball), and you run down the third base line and cross the finish line near home plate. Then you are led up the first base line to the food, medical tent and free massages. It was definitely the best finish line I've seen so far.

After you recover a little (and get the free massage) you can pick up free beer while your medal is engraved. Also, this race has nice giveaways. If you finish the full marathon you get a coupon for a free pair of Brooks Shoes. There is a store right near the race that you can go redeem it at before you leave Akron. Or you can mail it into Brooks if you don't want to deal with it on race day.

Why I Tri

By Bonnie Quinn

This is the end of my first year as a triathlete and I wanted to share a little about how I became a triathlete. Last year I had started running longer distances and I worked up to 10 miles. That is the farthest I had ever run at one time in my life. My husband called me Forrest Gump - I just kept running and running. My kids inspired me by challenging me with greater distances and eventually I made the distance they challenged me with. Then along came winter and it took hold, and I wallowed in the Michigan blues. I am not a fan of cold weather sports. I was at my wits end by the time February came



around and still had a few weeks to go until the great Michigan weather finally changed.

Out of the blue I read an article in the Oxford Leader about a mom needed to coach a triathlon team. The article basically explained the Danskin Women's Triathlon Series training program and suggested that if you've ever wanted to participate in a triathlon, but didn't know if you could then this was the program for you. Basically - I got up off my duff and decided that I had better get physically active and gain some muscle tone or old age was gonna get me. I am SO GLAD that I happened upon the article in the paper. It kind of was my inspiration and salvation all in one if you will. The coach sent out a note about a month before the first meeting and encouraged everyone to just get out and get moving before the training actually started. With that little bit of encouragement I headed to the pool and within a month I had worked up to 66 laps - I was excited that I could actually count them all without my mind getting sidetracked. When the end of April came I headed to the first meeting and found about dozen other women who wanted to try their first triathlon too.



We had fun! We learned so much about each other. Some gals were afraid to put their face in the pool water and they knew they would eventually be swimming in open water if they continued with their commitment. I admired their dedication to facing their fears. Other women didn't even own a bike - so of course they had not been riding. We all had a lot to learn. The training is based on using a heart rate monitor. Meeting each week on Monday and Thursday evenings became the highlight of my week. I thought I was crazy but I registered for my second triathlon before I had even participated in my first one. I began my triathlon journey on a 10-speed bike I purchased 25 years ago at the Military PX at the base I was stationed at in Italy. I think I paid \$135.00 for that Peugeot. It had stuck around through two garage sales - nobody bought it even for the rock bottom price of \$15. I had my Cannondale mountain bike that I loved and I just didn't use that road bike

anymore. Well, I was glad I still had it for the beginning of my triathlon craze because my triathlon purchases were beginning to take a big bite out of my bank account!

Meanwhile, my kids belong to the Kingfish Aquatics swim team. Their team was going to participate in a one mile open water swim in the Detroit River in July - the Motor City Mile. My nine year old daughter wanted to swim the mile - my seven year old daughter wanted to swim the half mile. My husband looked at me and suggested that I swim the mile too. "After all", he said, "It would be good training for the Danskin." I had more anxiety over that silly swim than you would believe. I was afraid of freezing and becoming numb halfway through and just hating my decision. I knew the Danskin race would have warm water - but the Detroit River - brrr that would be cold! My kids had wetsuits which offered some insulation from the cold. I headed out to REI and purchased some neoprene knickers and a rash guard that offered some insulation. I am a bit too large for a wetsuit so I didn't even try to rent one. I headed to Stoney Creek to try out my purchase and discovered that the water went right into the knickers and they became an underwater parachute. At the last minute I tried my tri shorts on over the knickers and that worked - I would at least be a little protected from the cold. I didn't use the rash guard since it was long sleeve and made a lot of drag. Race day came and as I entered the water for my heat I said to myself - "Well, here we go chickie- no turning back now!" The water was fine - I didn't freeze out there. In fact I didn't need the knickers - they actually became a sponge and weighted me down. Live and learn. My nine year old finished with a time five minutes faster than mine. My seven year old got picked up, passed on the chocolate chip cookies they were handing out on the big boat and she asked to get back in the water - she swam next to the flotation device on the back of the kayak and hung on from time to time - they brought her over to finish and she swam in - they even gave her an official time.

The open water swim was on a Wednesday and that Friday I headed off to Wisconsin with two

gals from my triathlon team for our first triathlon! The only words of wisdom I could give them from my first open water swim was – when you're out there and you're sighting the next buoy and you're thinking it's a long way off – just remind yourself to “just keep swimming,” and eventually you'll get there.

In the Danskin race, the motto is “the woman that has the most fun wins!” And that's exactly the truth. They have swim angels, they have swim platforms that you can rest at, they have swim noodles and if you need to use a swim noodle the entire distance – you can. I did the half mile swim in 14:56 – not bad for a beginner! My trusty 10 speed gave me the shock of my life when I was flying down the second overpass. I shifted into my big gear and my chain and the chain guard came off. I got the chain back on by shifting back to the original gear but I had this chain guard dangling at my pedal. I just reached down and pulled that circle up onto my leg – and realized that my bike was still moving – I'm still in the race – my bike's not totally broken! So I unclipped and pulled that chain guard off my leg and flung it over my handlebar – I wanted to keep it because I didn't know if I needed it or not. I realized I couldn't switch my gears into the high gear without my chain falling off again so I did the whole race in my climbing gears. Finished the bike portion in 39:08 a 19.9 pace and ranked #145 out of 3655 – not bad for a beginner on a 25 year old broken bike! Moving on to the run – I don't have much to say other than I have lots of room for improvement. 3.1 miles took me 31:10 a 10:03 pace. I finished my first triathlon in 1:32:06 – 10 minutes faster than the next gal on my team! Overall I came in 444/3655 and 31/769 in the mixed age group. Not bad! *Editor's note:* This is the first part of a series which is TO BE CONTINUED in the JAN 2009 ISSUE

Indoor Ironman ride planned for Leukemia/Lymphoma Society

As a fundraiser for his team, Kevin Merritt is hosting 24 hours of Ironman cycling at Fraser Bicycle on March 14-15. There are 16 teams, 4-6 people on each team riding the Ironman courses on the computrainers at Fraser Bicycle. You ride for 1 hour and change

riders. Once a team is done with a course, all the miles are recorded for each team and then a new IM course is started. The team with the most miles after 24 hours of riding wins the event. Fraser has provided the shop for use, and Hammer Nutrition is providing the nutrition. Food will also be brought in.

Location: Fraser Bicycle, Utica Rd, Fraser MI
When: Start 5:00pm March 14th End 5:00pm March 15th
Cost: \$200 minimum donation per team or \$50 per individual (will be placed on teams with other individual entries)



A prize goes to team with most miles AND the team that raises the most money past the \$200 minimum. Contact Kevin Merritt at Kevin.merritt@metroaircomp.com with team or individual entry. Payments can be made online and will be given once you sign up. This is a great way to jump start the season just before the weather breaks to ride outside!

Racer's Recipe Corner

White Bean Soup with Rosemary and Parmesan

(Submitted by Sandra Leonard)

48 oz. glass jar Great Northern Beans
Olive oil (about 3 or 4 tabs.)
One yellow onion, diced
3 carrots peeled and chopped
3 celery ribs chopped
2 cloves garlic, minced
1 tsp fresh rosemary minced or ¼ tsp dried
1 can chicken broth (14 oz.)
Salt and pepper to taste
Freshly grated Parmesan cheese
1 TB chopped fresh parsley



In a large soup pot over medium heat sauté celery, onion, and carrot in warm olive oil, stirring occasionally until vegetables are soft, about ten minutes, do not brown. Add rosemary and garlic and continue to sauté for about 3 mins. Add the jar of beans and chicken broth and bring to a gentle boil. Reduce the heat to low and simmer for an hour to an hour and a half without cover. You may add extra broth or water if it seems too thick. Remove from heat and cool slightly. You can puree one third of soup in food processor for a better presentation but I just mash it with a large spoon instead till I like the consistency. It's faster and easier. Salt and pepper to taste. Ladle out warm soup and garnish with a sprinkle of Parmesan and chopped parsley if you like. Very easy, very warm and incredibly good for you. Low fat, great fiber and very rich tasting and filling.

Services

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



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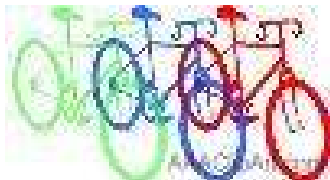
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'08' Redline Monocog single speed 29er, 21" steel frame, MTB and road tires (great all season training bike) \$425 Anyone interested in either bike can email me at karmstrong@dominontec.com or krisarmstrong@wowway.com



Member Benefits

Club dues are \$30 each year and due in January. This is a reminder we'll ask you to pay your dues soon. Letters will be coming out to renew your membership. 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% off all 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

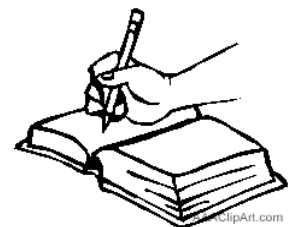
TriathlonBags.com – discounts on Tri-specific bags, backpacks, and gear.

Writer's Corner

We are always looking for stories about your experiences racing and training, and photos are welcome too!

Please contribute your articles and photos to the newsletter editor at:

joellen61264@yahoo.com. Thanks!



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