



Keep Your New Years Resolution -- Get Your Train On!

It's time to start your Nautica NYC Triathlon training! Check out the winter training programs now available at Reebok Sports Club/NY. [Click here!](#)



Special Opportunity for all 2010 Nautica NYC Triathletes



We know triathletes are always looking for new, cool ways to analyze and enhance their race performance. Here's the latest. And there's no cost to you.

This year, you will have the opportunity to pre-order a customized **2010 Tri Scorecard** through [www.mytriscore.com](http://www.mytriscore.com), offering much greater clarity and detail on your individual triathlon race performance compared against your peers in the overall, gender, and divisional fields.

**Returning 2009 racers** will also have the opportunity to request an invitation to beta-test an innovative triathlon goal-setting program, developed for you based on your 2009 performance results. Visit [www.mytriscore.com](http://www.mytriscore.com) to submit your request for an invitation into the beta program by March 30, 2010.

A \$10.00 value, the Tri Scorecard is being offered exclusively to Nautica NYC triathletes, included within your registration fee at **no additional charge**.

Athlete Hotel Block Opening Soon!

Mark your calendars for February 1, 2010. That's when the Nautica NYC Triathlon's athlete block opens at the Hilton New York, the official race hotel. We'll send you another email with all the information--stay tuned!



Question? [Just ask!](#)



## Newsletter Archives

Worried you missed something? Is your spam folder a bit too aggressive? No problem. All 2010 NYC Triathlon email newsletters are archived online [here](#).

NAUTICA

RCN★

accenture

JANUS

jetBlue  
AIRWAYS™

the Vitamin  
Shoppe  
SINCE 1977

MUSCLE MILK™

SNY

TYR  
Always in front.

JAMAICA®  
Once you get you know.

Life's Better  
IAMS®

Reebok  
SPORTS CLUB/NY

THE SPORTS CLUB/EX  
NEW YORK

All  
Whites®  
100% LIQUID EGG WHITES

LIFETIME TRIATHLON

TOYOTA  
CUP

APPLIED FOR A  
FitPlanet

FOX  
5  
NEW YORK

SISTEM  
Specialty Systems Sports Team and Event Manager