



The Nautica New York City Triathlon has moved to a Time Trial Start.

For more information and to see the Age Group/Division Starting Order, [click here](#).
Questions? [Ask John](#).

Can't race in August? Don't feel bummed. Go to Jamaica!

[Click here](#) to defer. Deferral athletes receive a guaranteed entry for 2012!
NO REFUNDS OR TRANSFERS ALLOWED.

JAMAICA[®]
Once you go, you know.

Tell us why you can't race -- what's your "Tale of Woe."
Email John at john@korffenterprises.com with your story.
The best "Tale of Woe" wins a trip for two to Jamaica! How cool is that, mon?!

Reebok
SPORTS CLUB/NY

Intensive NYC Tri Swim Prep
Saturday, July 23rd and 30th 2:00pm-4:00pm

Signed up for the NYC TRI and don't feel prepared for the swim? This 4 hour intensive class will help you prepare for your mile long journey in the Hudson.

Beginner and intermediate level swimmers welcome, but you must be able to swim a minimum of 500 yards. Cost \$100. To sign up, please [email Pamela Opdyke](#).

No wetsuit for the Nautica NYC Tri?
NO PROBLEM!
Rent the ORCA Equip!
[Click here](#) for details.

**Bloomberg
Businessweek**



The Nautica New York City Triathlon is pleased to welcome Bloomberg Business Week as our 2011 Sustainability Sponsor.

We have taken the [Sustainability Pledge](#) with A Fit Planet. To see our green initiatives, [click here](#). We encourage all our triathletes and their families and friends to help us be as eco-friendly as possible to New York City on race day.

To all those participating in the Nautica NYC Triathlon, here's to being Naturally Powered!

NATURALLY POWERED
ZICO



As fellow athletes, we understand the need for proper replenishment, which is why we offer the ultimate hydration drink, ZICO Pure Premium Coconut Water. Our newest flavor, Chocolate, combines all of the hydrating benefits of ZICO—all-natural pure premium coconut water loaded with 5 essential electrolytes-plus a delicious dark chocolate taste.

Try it now at Target, Trader Joe's and Whole Foods.

Visit our store locator to see all your [local retailers](#) and follow us on Twitter [@ZICOny](#) to get the latest news from our Hydration Specialists.

Good luck, stay hydrated, and be sure to visit the ZICO booth at the Expo and Finish Festival!



Q&A with 3-Time Ironman® Champion Chrissie Wellington!

We asked you to submit a question to 3-Time Ironman® Champion Chrissie Wellington last month. The following is a question from Lee McLaughlin:

Q: "With all the training you do, what is the one thing that you had to give up to live this training life of tri's?"

A: "Two things really. First of all I have given up time with family and friends. Of course, I still see them at times during the year, and I have made many new friends through the sport, but I have sacrificed spending extended periods of time with those people that knew me long before triathlon started. Skype is a godsend for keeping in touch though!

Second, I had to give up a vast amount of spontaneity. Prior to being a pro triathlete my life was rich, varied and I enjoyed being able to seize every opportunity, including travelling, socializing

and the like. One of the keys to athletic success is consistency - in training, eating, and recovery - and hence the life of a professional athlete is monotonous and quite mono-dimensional. Of course, it is crucial that you switch off mentally and physically at times during the day, weeks and year - but overall you have to be prepared to devote yourself 100%, 24hours a day, 7 days a week - to the pursuit of your goal, and hence this means sacrificing the ability to have spontaneous holidays, late nights, dietary splurges and so forth. At least that's the case for 11 months of the year - the off season is a chance to engage in all these things and more!"

That, ladies and gentleman, is a candid answer about the life of a professional athlete. Now it's your turn. One question will be selected and Chrissie's answer will be provided on our Muscle Milk - New York Facebook page: [facebook.com/musclemilk.newyork](https://www.facebook.com/musclemilk.newyork).



[Click here](#) for important triathlon dates for 2011 and 2012.

twitter

Find us on Facebook



Newsletter Archives

NAUTICA

RCN

5i50 TRIATHLON SERIES

accenture

JANUS

jetBlue

Vitamin Shoppe

Reebok SPORTS CLUB/NY

Champion System

JAMAICA
Only you get you know.

MUSCLE MILK

FOX 5 NEW YORK

SNY

NATURALLY POWERED ZICO

ORCA

THE SPIDER SERIES

ORBEA

Qdoba MEXICAN GRILL

Mount Sinai SCHOOL OF MEDICINE

SISTEM

All Whites

CLIF SHOT