

Meet Ironman Champion Chris McCormack Tomorrow!

Meet two time Hawaii Ironman world champion Chris McCormack and learn about the Ironman US Championships in NY, inside tips on the 2011 New York City Triathlon, and more!

Date: Thursday, June 9th 2011

Time: 6:30 pm - 8:00 pm

Place: New York Blood Center

310 East 67th Street (between 2nd and 1st Avenue)

Limited seating. See the following link to [REGISTER NOW!](#)

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.

There is a bright side to deferring. Email John at john@korffenterprises.com before June 30th and tell us why you can't make this year's race. The best "Tale of Woe" wins a trip for two to Jamaica! How cool is that, mon?!

What's your story?

Cool job, mom of five, three generations in the race, big weight loss, overcome adversity, war vet... who are you?

[Click here](#) and you could be on TV!





8 Week Training Program for the Nautica NYC Triathlon

The race is only 8 weeks away! [Click here](#) to get an 8 Week Training Program, detailed with everything you need to do before you make the plunge into the Hudson on August 7th. For training questions, [email Pam Opdyke](mailto:pam.opdyke@reebok.com) (Regional Sports Manager at Reebok).

Rent a Tri Bike for the 2011 Nautica NYC Triathlon!



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the pricing of this truly unique service.

The Tri-Cycle Rentals fleet is comprised of race-ready 2011 Orbea Ordu SLT bikes, outfitted with water cages, tool kits and computers. Simply bring your helmet and bike pedals and let us do the rest. It's that easy!! Pick up your bike at the expo, race hard and fast, and drop off your bike at transition after the race. [Click here](#) to see

For more information, visit www.tricyclerentals.com
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Q&A with 3-Time Ironman® Champion Chrissie Wellington!

Have you ever wondered what an Ironman® Champion eats for breakfast? Want some training tips? Maybe you're curious what their favorite movie is? Now's your chance to ask 3-time® Ironman Chrissie Wellington anything you want. Just send us a message or post a comment on Facebook.

We got things started by asking her how important rest is while training. According to Chrissie, "rest is as important as training." To reach your true potential, you need to recover properly. When it comes to nutrition, Chrissie relies on Cytomax for hydration and the protein in Muscle Milk Light to recover. Chrissie recommends testing yourself in training to develop the mental strength needed to accomplish your goals.

Now it's your turn. One question will be selected and Chrissie's answer will be included in July's newsletter. Submit your questions today at www.facebook.com/muscleilk.newyork.



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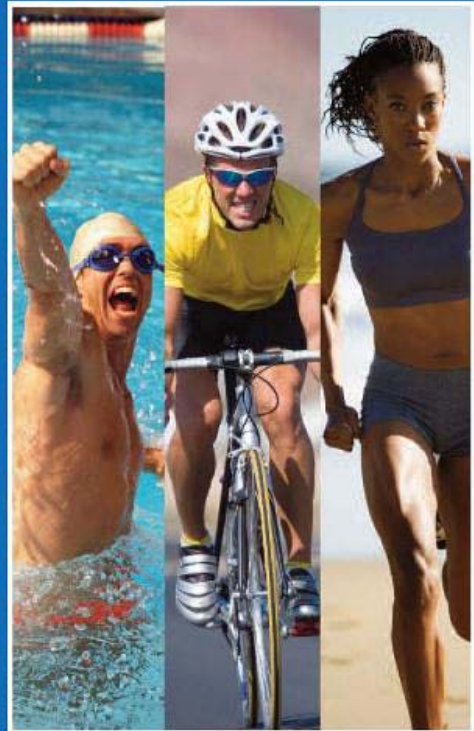
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