



Making it to the Starting Line Healthy

Attention Seasoned and Rookie Triathletes: The Nautica NYC Triathlon and the Race Medical Directors invite you to a **FREE Training and Injury Prevention Symposium**

When: May 24, 2011 at 6:30PM

Where: KIMA Center for Physiotherapy & Wellness
Located at 7 W. 22nd St., New York, NY.

[Click here](#) for more details and to sign up! **SPACE IS LIMITED!**



Can't race in August? Don't feel bummed!

Just [click here](#) and follow the deferral process online. You can defer up until the day before the race. If you have to defer, you'll have a guaranteed spot in the 2012 race!
THERE ARE 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 to Jamaica! More details coming soon!

Traveling to the Tri? Fly JetBlue and Snooze at the Sheraton!

Fly to the race with JetBlue and save 10% and YOUR BIKE FLIES FREE!
[Click here](#) for details and to print your bike coupons.



Stay at the Official Host Hotel of the Nautica NYC Triathlon!
The Sheraton New York Hotel and Towers hosts the Expo, briefings, packet pick-up and race day shuttles. [Click here](#) to book!

Customize your Tri Gear with Champion System

Champion System specializes in high quality custom technical apparel. We offer pro quality garments to teams, retailers, clubs and individuals of all levels. By offering unlimited colors and low minimums, we've set a new standard in the custom technical apparel business.



Visit www.champ-sys.com.

Women's 2011 CRCA Bike Racing Clinic

Local NYC Ladies! Improve your cycling at an all women's Intro To Bike Racing Clinic in Central Park on Sunday, June 5 at 6am. Road bikes required. Go to www.bikereg.com to sign up. [Click here](#) for more info!





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Limit one coupon per household, excluding tax. Offer cannot be applied to gift card purchases. Void if copied, scanned, transferred, purchased, sold or prohibited by law. No cash value. One coupon only per transaction. Valid in store locations only.
Coupon Expires: 05/12/11
Promotion Code: 1601



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