

TCSD RACE DISCOUNTS

Many local and distance events offer TCSD members special discounts. Some events require club members to use mail-in application and include a photocopy of TCSD membership card, others may require a special code.

Visit the Club's discount section on the web for complete listing and additional details or discount codes.

Elite Racing

www.EliteSports.com
Rock & Roll Marathon (San Diego)

Discount: \$10 off.

Encinitas Triathlon

Discount: \$10 off.

Jingle Bell 5K

Benefits Arthritis Foundation.

Discount: \$5 off.

Kathy Loper Events

www.kathyloperevents.com
At least a dozen local 5Ks, 10Ks and half marathons. For a complete list go to the website.

Discount: \$3 off all events.

Klein and Clark Sports Productions

Desert Triathlon, Sprint and Olympic Races.

Discount: \$5 off Sprint/\$9 off Olympic.

Koz Enterprises

Spring Sprint Triathlon, San Diego International Triathlon, Solana Beach Triathlon, Imperial Beach Triathlon, Mission Bay Triathlon, Silver Strand Half Marathon.

Including **SuperFrog & SuperSeal.**

Discount: \$5 off all events.

Moment Sporting Events

San Diego Triathlon Classic
USAT Olympic Distance
September 18, 2010
www.sdtriclassic.com

Discount: \$20 off with code TCSD2010

continued on page 18

2010 TriExpo RECAP & HIGHLIGHTS

By Michelle Panik

If you say "expo" to a triathlete, they'll likely assume you mean a race expo, and will wish you luck on your upcoming competition. But the TriExpo, held on January 29 and 30 at the Hilton

San Diego Resort and Spa, didn't have race numbers or timing chips. There was no course talk, and attendees couldn't pick up their t-shirt or register late for the race, because there was no race.

Instead, the TriExpo was held in conjunction with the Endurance Sports Awards, and was billed as "the biggest and best tri consumer show." Coming at the beginning of the 2010 racing season, it was a chance for triathletes to preview the newest gear, sample the latest nutritional products, and catch up with friends.

I saw Steve Pierce near the Info Booth, where people had amassed to submit their name for the raffle. Steve had come to the TriExpo to get motivated for the upcoming season. He'd test-ridden the ElliptiGO, a bicycle powered by elliptical pedals, and called it, "Unusual." It's definitely not a replacement for either a bike or run workout, but could be a great cross-training activity. Steve thought it would be great for a cruise along the beach.

Nutrition

Clif Shot Roks were released late last fall as a portable recovery aid that's an alternative to the tough protein bar we've all



choked down after a long workout. Each package contains 10 Roks that are the size of globe grapes, with a chewy center similar in consistency to a PowerBar. Each Rok is covered with a hard

shell.

Inspired by Reese's Pieces' slogan, these Roks are indestructible, and would travel well in a gym bag or cycling jersey. They're available in chocolate, chocolate chip cookie dough, and—my favorite—peanut butter.

Each 10-piece bag contains 270 calories,

37-38 grams of carbohydrates (depending on flavor), 20 grams of protein, 4.5 grams of fat, and retails for \$2.99.

One of the booth workers, Ben, told me, "I tried them before

they were out, and...they've worked out a lot of things." There are very few tasty protein bars on the market, and Clif Bar has made a product that's not only palatable, but tasty.

The 10-piece serving configuration is

another plus. It can be hard to get down a full nutrition bar after a workout, and these Roks can be eaten slowly or shared with a friend.

Gear

If you were looking for a product to tell friends about, the Scott T2 Pro shoe was it.

Designed with a flap-down heel, it's a triathlon-specific shoe where the laces remain



continued on page 18

TCS D RACE DISCOUNTS, *continued*

Pacific Sports LLC

Los Angeles Triathlon, Newport Beach Triathlon, Long Beach Triathlon, Catalina Island Triathlon and Marathon and more.

Discount: \$10 off all events.

Revolution 3 Triathlon Race Series

May 9th - Revolution 3 Knoxville (olympic and half), Knoxville TN

June 5th- Revolution 3: Quassy (olympic and half), Middlebury, CT

September 12th- Revolution 3: Cedar Point (half and full), Sandusky, Ohio

Discount: Trakkers105, to receive \$10.00 discount.

Tri California

TriCalifornia.com
Alcatraz, Pacific Grove, San Francisco, Wildflower Triathlons and Scott Tinley's Adventures

Discount: See TSCD's Forum for discount code.

Tri Events

TriEvents.com
Los Angeles Triathlon Championship Series at Bonelli Park.

Discount: 10% off race entry.

Silverman

Half iron distance and iron distance event, Henderson, NV.

Discount: \$10 off.

TriExpo, continued

tied and the foot slips in. The heel then snaps onto the rest of the shoe, and you're out of T2 while the poor sap next to you is still wrapping one bunny ear around the other. Of course, there is always the stretchy laces option (which I personally can't run without), but this shoe has a coolness that neon, elastic laces just can't match.

The T2 Pro's technology doesn't stop at a gadget. The shoe is built on a rocker platform called the Ergonomic Ride Midsole that encourages forefoot running and turnover. The sole is solid instead of being cut out under the arch, which is designed to promote energy transfer. Perhaps it also contributes to the shoe's weight of 230 grams (men's) and 195 grams (women's).

The T2 Pro debuted January 1 and sells for \$110. Scott McCoubrey, co-owner of the Seattle Running Company and working the Scott USA booth, told me that the T2 Pro was the number-two selling shoe in his store during January.

Gadgets

I caught up with Gerry Forman (*shown here with Michile Jones*) and Buck Williamson at the Compex Active Recovery Zone, which was outside between the main tent and Enchanted Cove. Working the exhibit was Tri Club member and Compex's Director of Sales, Greg Houlgate, and Compex user Michellie Jones.

A group of people was sprawled on chairs trying out the electrical stimulation machines, which are both a workout and recovery tool. Each machine offers several stimulation programs to target different muscle groups with a variety of electrical frequencies and intensi-

ties. Testing has proven that using a Compex increases blood flow, reduces lactic acid, and encourages muscle relaxation.

Gerry agreed to try one out and give me his thoughts. After Greg affixed electrodes to Gerry's quadriceps and gluteal muscles, Jones explained how to operate the Stimulator.

Greg told me that some users affix the electrodes to their quadriceps and use the machine while on the trainer to get a better workout in less time.

While Gerry worked out in the comfort of a lawn chair, Jones told us all how much she likes the Wii Fit's Soccer Heading game, which consists of standing on the console's balance board and shifting your weight to make contact with balls and dodge flying shoes. That afternoon I went home and booted up my Wii Fit Plus. She was right; I never liked soccer, but hitting imaginary headers is a blast.

When Gerry's treatment plan had run its course he stood up and, while walking about, remarked, "It feels like I've been stretched out."

Compex offers four stimulation models that range from \$429-\$999 and are available at most TCS D sponsor stores.

The TriExpo drew 3,000 people to its 47 exhibitors and clinics covering everything from open-water swimming to time-trialing. Early-morning attendees took part in a bike ride and run with pros like Chris Lieto and Dean Karnazes.

Geoff Barnett, Competitor's Expo Sales Manager, said, "The inau-

gural Tri Expo was a huge success. It's extremely gratifying that we were able to provide the triathlon community with a fun event that will only get bigger and better in the future."

