

TRICLUB MARIN SPONSORS 2006

FLEET FEET SAN ANSELMO

www.fleetfeetsansanselmo.com

The team at Fleet Feet San Anselmo is made up of runners, walkers, triathletes and outdoor enthusiasts. They love what they do and are eager to help you with your fitness needs.

Fleet Feet San Anselmo offers the best shoes, apparel, and accessories for running and walking. Their trained staff will take the time to assure you get the proper shoe and fit for your activity by visually analyzing your biomechanics. They also have a treadmill in the store so you can take those jazzy new shoes for a test drive.

IRWIN HOLMES

www.irwinholmes.com

Our goal is to implement technology in your environment that is easy to use and works.

Some of our most popular services are the following:

- Computer Installation and Support (Macintosh / Windows)
- Voice Systems (Avaya / Mobile / VOIP)
- Networking (Wireless / LAN / Internet)
- Application Development
- Web Hosting
- Audio / Video
- Home Automation
- Technology Reference (what pc to buy, mobile phone etc)
- Project Management

Irwin Holmes gives TCM members a 25% discount on technology-related services/labor.

PARADIGM CYCLES

www.paradigmcycles.com

Paradigm Cycles will continue to support TriClub Marin. We are offering a 10% discount on all products excluding sale items and bicycles.

We offer custom fitting, custom wheel building, custom insoles, an array of soft goods that we believe in and mechanic expertise nonpareil!

MARIN COFFEE ROASTERS

San Anselmo

TCM Members will receive a 10% discount on purchases at the Roasters in downtown San Anselmo.

WHOLE ATHLETE

<http://www.wholeathlete.com/teamtam>

Dario Fredrick, an exercise physiologist, founded Whole Athlete several years ago. Dario has been racing in Northern California on and off for the past 15 years. Although, he still races, he spends most of his time coaching local racers, developing R&D in exercise physiology, writing for VeloNews and teaching yoga. Whole Athlete has grown over the past 3 years and now employs 6 coaches with different discipline focus' and varying degrees of experience.

Whole Athlete uses a new testing method that Dario has developed to measure training intensity and racing performance. As a cyclist and coach of more than 10 years, Dario has explored different methods to measure the individual threshold and training zones.

Testing sessions include a comprehensive consultation explaining results of the test and how to apply your individual training zones. He also offers biomechanical testing to examine your pedal stroke efficiency. More info about biomechanical testing is available at:

<http://wholeathlete.com/biomechanics.htm>. More information about coaching is available at <http://wholeathlete.com>.

TCM Members will receive discounts based on type of testing/coaching requested and number of people participating. Please email either info@triclubmarin.org or Dario@wholeathlete.com for specific details.

MARIN ORTHOPEDICS & SPORTS MEDICINE

www.marinorthopedics.com

Sports Medicine – Injury Prevention and Treatment, Physical Therapy
Performance Testing – Health and Fitness Evaluation, Nutrition, Coaching

Marin Orthopedics and Sports Medicine offers rehabilitation after injury or surgery with many local physical therapists. Physical therapy is often the optimal treatment choice, however, if your injury does not improve you may be asked to return to your doctor's office for further evaluation.*

Our team of sports medicine specialists are determined to bring quality sports medicine care to our community. We have designed several programs based on lactate testing to help you reach your goals and avoid injuries. Whether you are a recreational or a professional athlete, measuring your lactate and designing a specialized training program for you will allow you to improve your physical condition and reach your goals.

*It is your responsibility to seek physical therapy help from a physical therapist who is contracted with your insurance company. Please call your insurance company if you have questions regarding insurance coverage and payments.

NICOLE TAYLOR MASSAGE THERAPY

Clinical, Therapeutic and Sports Massage
www.nickitaylor.net

Nicole has worked with a wide variety of massage clients over the past nine years, ranging from professional athletes to clinical post-surgery patients. With a strong foundation in anatomical kinesiology, she understands the needs of both athletes and non-athletes alike.

Nicole has an extensive background in dance and is a certified Kali Ray Tri Yoga instructor, integrating her depth of human movement knowledge with many years of massage therapy.

Contact her directly at nicole@nickitaylor.net

OTHER DISCOUNTS/SUPPORT:

Sports Basement

www.Sportsbasement.com

Sports Basement has extended a 10% discount to all TCM Members. Good only in the stores (not online).

Baarbd.org – Adventure Racing Site/Clinics

We just launched our adventure racing site www.baarbd.org (Bay Area Adventure Race Babes & Dudes) that offers a new web portal with forums, advertising, and speaking engagements to athletes and businesses in the Bay Area.

As an x-triathlete turned adventure racer, I like to tap local tri teams to spark interest in adventure racing since there is a lot of cross over.

We'd love for you to check out our site and submit a ad too. Please contact us if you'd like to book a speaker to learn about Adventure Racing 101!

Swim Your Best

We get a discount on swimming gear at <http://www.swimyourbest.com> use the discount code "SEAL".