



September 17th, 2008

News from Two Rivers WI



PRTriCoach is Moving to Chattanooga!

Brenda has accepted a job with TVA (Tennessee Valley Authority) as the Corporate Nuclear Fire Protection Program Manager.

We are very excited about moving back to the Volunteer State, but will miss seeing our Wisconsin friends. Brenda and I feel a close bond to the Wisconsin racing community.

How will we get our Brett Farve update? I am sure we will hear more than we ever wanted to about the TN Vols.

I will look forward to continuing working with my Wisconsin clients and adding new ones down south.

Coach Lee's Tips

Mix it up this fall. Find a new sport to help spice up your training.



Racing



Interview with Katy Sirovatka

Katy raced to a fantastic finish at the 2008 Ironman Kentucky. The race was held on August 31 st. in Louisville, the conditions were windy, humid, and hot.

Please check out the interview to find out how Katy managed such a great race.

[Katy's interview](#)

Brenda and Lee will leave September the 23rd for Rimini Italy. We are part of Team USA for the ITU Duathlon World Championship. You can follow that racing action at the link below.



[ITU Duathlon World Championships](#)

Training

The days are getting shorter and the need for sufficient lighting is important. Below is a picture of my bicycle helmet. Besides having a bright rear blinking light I have zip tied a blinking light to the back of my helmet.

