



Eating Healthy on a Budget

By Elizabeth Quinn
About.com, January 2009

Healthy eating on a budget doesn't have to be difficult. In fact, once you develop a habit of shopping for and cooking fresh foods creatively you might never go back to packaged, processed or fast food again. For the athlete on a budget the following tips may help you make better, cheaper meals that taste fabulous and trim your waistline along with your food budget.

1. Drink more water and less of everything else
2. Buy more frozen vegetables
3. Cook enough to have leftovers
4. Invest in reusable food storage containers
5. Support your local Farmers Market
6. Give up breakfast cereals
7. Limit processed, packaged and single serving foods



Healthy Choices make for a happy and healthy family in 2010

8. Cut out the energy bars and drinks
9. Eat out less often
10. Share entrees

We all know that the economy is causing all of us to make hard decisions these days. Triathlon events aren't cheap, so hopefully these tips will help cut costs elsewhere to pay for these events.

Happy Shopping!

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February is American Heart Month

<http://www.AmericanHeart.org>

Women's Heart Health February Is American Heart Month

Discover effective and affordable awareness products for women that promote the importance of maintaining proper heart and cardiovascular health. These awareness tools are perfect for distribution during American Heart Health Month and throughout of the rest of the year.



Team TRIumph Coordinators:

- ♦ Cyndi Johns, Director
- ♦ Shirlene Haines, Asst Director
- ♦ Corrine Lewis, Secretary
- ♦ Dinah Mistilis, Treasurer
- ♦ Heather Sansbury, Events
- ♦ Sue Mitchell, Media
- ♦ Tara Owens, Training
- ♦ Stephanie Haley, Uniforms
- ♦ Mary Pat King, Sponsorship
- ♦ Jen Biela, Newsletter

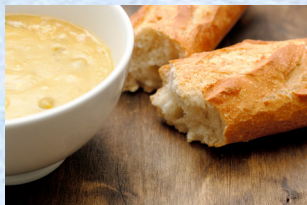
Recipe of the Month

Curried Squash Soup

By Amara Wagner

<http://www.HolisticMomsnetwork.org>

2 T. extra virgin olive oil
1 med. onion, chopped
4 c. pumpkin or butternut squash, peeled and chopped into 1 inch cubes
2 cloves garlic, minced
2 tsp. maple syrup
2 tsp. curry powder (mild or hot according to taste)



Mmmm, a cup of nice hot soup after a cool run outside!

1/2 tsp. cinnamon
1/2 tsp. sea salt
1/2 tsp. black pepper
6 c. vegetable stock

In a large soup pot, heat the oil. Sauté the onion for 2 minutes. Add the pumpkin or squash and garlic and sauté for another 2-3 minutes. Stir in the maple syrup, curry powder, cinnamon, thyme, pepper and stock. Simmer for 1 minutes or

until the pumpkin or squash is tender. Puree the soup with a hand blender or in a food processor until it is nice and smooth (if using a food processor, cool soup before moving to processor). Serve hot or at room temperature.

Serve with a warm crusty bread and a beautiful salad. Enjoy!

15 Gotta-haves: Essential Beginner Tri Gear

By Jay Prasuhn

February 2010 Triathlete Magazine

The sport of triathlon has three simple disciplines-you swim, you bike, you run. But you need a few key pieces of equipment to get yourself from the start line along the water's edge to the finish line. And despite what you see at races-all the lightweight this and carbon fiber that-you don't have to break the bank to get from point A to point B. Here's a list of the bare essentials you really need to be ready for

training and race day.

1. Bike
2. Bike Shorts (with good padding)
3. Flat kit bag
4. Helmet
5. Goggles
6. Digital sports watch
7. Race Belt
8. Wetsuit
9. Sunglasses

Are you prepared for your first triathlon this season? Check out the essential gear you should have

10. Running Shoes-good ones
11. Tri Suit
12. Running Hat or visor
13. Transition Towel or Mat
14. Water Bottle
15. Wetsuit Lubricant

February Birthday's

Rachel Fuchs-February 9th

Christy McCormick-February 26th

Shirlene Haines-February 26th

A Birthday Workout Poem:

Hike across green Ireland;
Bike the USA;
Backpack through New Zealand,
But don't call it a day...

Do yoga in lovely Paris;
Jump rope in Katmandu;
Avoid Italian pasta,
(Well, maybe taste, but don't you chew!)

Climb atop Mt. Everest;
Do aerobics on China's Wall;
Lift weights on Mexican Beaches;
And honey, that's not all...

Shake your booty with native dances

In Fiji and Bora Bora;
Move your body and exercise
Like you've never done before.

Okay; that's good; you're finished;
Now you can take a break;
You've finally burned enough calories
To have your birthday cake!

By Joanna Fuchs

Schedule of Events

- Sunday February 7th-Training and Team T-Shirt Social @ 1pm
- Sunday February 7th-Trek Store C ride (approx 20-25 miles)
- Saturday, February 15th, 5th Annual Cupid's Cup 5k, Charlotte, NC (Active.com for more info)
- Sunday February 21st, Trek Store C ride (approx 20-25 miles)
- Saturday, February 27th, Charlotte Long Course Decathlon (Active.com for more info)

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Cool Websites and more...

Swim:

<http://www.kiefer.com/>

Bike:

<http://www.charlottesportscycling.com/main.htm>

<http://www.weeklyrides.com/>

<http://www.teamestrogen.com/>

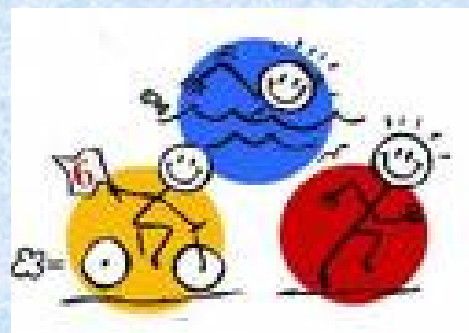
Run:

http://www.roadrunnersports.com/?sc=CX19L288&cm_mmc=psearch-google-Brand%20Terms-rrs101-1000000034

<http://www.cupidscup5k.com/>

If you are on Facebook, don't forget to check out Team Triumph!

<http://www.facebook.com/#/pages/Team-TRIumph-NC-an-All-Womens-Triathlon-Club/247470134495?ref=ts>



Do you have a favorite website for gear, events, or articles. Let me know so I can share with everyone!

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