



Heather Fuhr (#2018), who has 15 Ironman titles to her name, showed that she can run a little bit as well. She took second place in the masters race to **Jody Hawkins (#2022)** from Frisco, Texas, on Saturday, February 16, at the USATF Cross Country National Championship at Mission Bay in San Diego. Photo by Bob Betancourt.

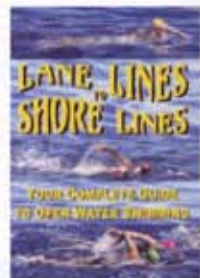
❖ Your Complete Guide to Open Water Swimming

This comprehensive DVD presents an array of topics that will get you out of the pool and into the open water with the physical skills, techniques and mental confidence you need for enjoyable and efficient open water swimming and racing. Topics include:

- Basic Safety Considerations
- Swimming Equipment
- Swim Skills & Techniques
- Challenges of Open Water
- Physical Acclimatization
- Inner Warmth
- Physical / Mental Training
- Race Day Considerations & Strategies
- Special 17-Minute Bonus Section on Swimming

Alcatraz

Available at www.LaneLinesToShoreLines.com.



❖ Dave Matthews Band Joins Teva & MacGillivray Freeman Films to Create Soundtrack for 2008 IMAX® Film, 'Grand Canyon Adventure'

Premiere outdoor footwear manufacturer, Teva, along with giant screen film producers MacGillivray Freeman Films has announced that Grammy Award-winning Dave Matthews Band will contribute songs and music to *Grand Canyon Adventure*, a film for IMAX Theatres and IMAX 3D Theatres presented by Teva in association with Waterkeeper Alliance that will raise awareness about world water issues.



Slated for release this month, *Grand Canyon Adventure* stars environmental advocate Robert F. Kennedy Jr. and preeminent anthropologist and National Geographic Explorer-in-Residence Wade Davis on a river-rafting expedition down the Colorado River that highlights one of the most pressing environmental stories of our time — the world's looming freshwater crisis. More than one billion people — one in five on the planet — lack access to safe drinking water. By 2050, 40 percent of the world will suffer water shortages according to the United Nations.

Grand Canyon Adventure is scheduled to be shown on **March 14** at the Reuben H. Fleet Science Center in **San Diego**.

For more information about the film and to see a preview, go to www.grandcanyonadventurefilm.com. For more information about Teva, go to www.teva.com; and for more information about MacGillivray Freeman Films, go to www.macfreefilms.com.

❖ New Book Honors Jon "Blazeman" Blais

Triathlete Stephen Brown has released a collection of multisport articles, interviews and short stories that speak to the human side of the sport of triathlon and to the spirit of the triathlete in his new book, *The Inner Triathlete ...Forever Ablaze*. These pieces were previously published over a span of several years but have been brought together to serve as a fund-raising effort and a dedication to the life, memory and mission of Jon "Blazeman" Blais. Jon won the hearts of millions in 2005 when he became the first patient with Lou Gehrig's disease to cross the finish line of the Ironman Triathlon World Championship. In May 2007, Jon lost his battle with ALS, but his war carries on through The Blazeman Foundation. A portion of all book proceeds benefit The Foundation and their continuous fight against ALS.

Visit www.lulu.com/content/1716091 or www.remissionman.com to preview and order.

❖ Insurer Aflac to Sponsor Iron Girl

Aflac has signed a multi-year title sponsorship of Iron Girl. With 10 events nationwide — ranging from 5K/10K, duathlon and triathlons — Aflac Iron Girl empowers women of all ages to lead a healthy and active lifestyle. The Aflac Iron Girl experience provides women with a competitive platform and unique event amenities such as: a post-race catered Breakfast Café, performance shirts sized just for women, IPICO timing, personalized race bibs, custom finisher's medals, post-race giveaways and much more.

The 10 Aflac Iron Girl events for 2008 are:

- April 5 – Aflac Iron Girl Clearwater, Fla. (10K/5K Run/Walk Event)
- April 12 – Aflac Iron Girl Lake Las Vegas, Nev. (Triathlon)
- May 4 – Aflac Iron Girl Denver, Colo. (5K Run/Walk Event)
- June 22 – Aflac Iron Girl Solana Beach, Calif. (10K/5K Run/Walk Event)
- June 29 – Aflac Iron Girl Atlanta, Ga. (Triathlon)
- July 20 – Aflac Iron Girl Irving, Texas (Triathlon)
- Aug. 24 – Aflac Iron Girl Columbia, Md. (Triathlon)
- Sept. 7 – Aflac Iron Girl Seattle, Wash. (10K/5K Run/Walk Event)
- Sept. 21 – Aflac Iron Girl Bloomington, Minn. (Duathlon)
- Dec. 6 – Aflac Iron Girl Tempe, Ariz. (10-Mile/5K Run/Walk Event)

To find out more about Aflac, visit aflac.com. For more information about Iron Girl and to experience an interactive Web site filled with training tips, guest columnists and nutrition information, go to www.IronGirl.com.

❖ TRISLIDE — Helps Make Your Transition a Breeze



SBR Sports, Inc. a leading provider of hair and skin care after-swim products for active individuals, has announced the launch of the company's new TRISLIDE aerosol glide. The new silicone-based spray is designed to make entry and exit from triathlon wetsuits a matter of seconds. It also works to eliminate chaffing, blistering and hotspots as a result of swimming, biking and running. It is packaged in a compact enviro-friendly spray that fits easily into a bag or backpack for convenient use or reapplication. TRISLIDE doesn't stain clothing or gear and doesn't come off in the water but is easily removed with soap and water.

For more information about TRISLIDE or other TRISWIM™ products, go to www.sbrsportsinc.com or call 1-800-620-4094.

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