

## AUGUST NEWSLETTER



Volume 5, Issue 1

### Trigal Focus—Melanie Szeglowski



This is Trigal Melanie Szeglowski, her husband of five years - Chris and her 13th month old son, Lucas (is he cute or what?). Melanie was born in Fort Lauderdale but raised in Tampa. She graduated from USF with a BA in Psychology but realized her heart was working with children so she went back to school and got her teaching certification. She taught 3rd grade at an inner city school here in Tampa, Broward Elementary, where she fell in love with working with the children there. The children at this school were in such need of understanding and loving teachers that she struggled to leave them even though she had some rough days. She plans to go back to Broward in the future. She has taken this past year off to stay home with Lucas and tutored part-time which is

her plan for 2011 as well. Melanie had been taking Melissa Class's classes at Lifestyles for about ten years and running for six years. Before she had Lucas, she had only run 5Ks but did her first 15K which was Gasparilla after some Trigals encouraged her. She then did her second 15K—Aflac in Clearwater. Although Melanie has yet to do her first triathlon, she is planning to do one in the future when she gets a bit more time to train. "I think it's so great to be a part of such a wonderful and encouraging group of ladies! Thanks again for all of your support!"

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#### Upcoming Races

- Publix—Fort DeSoto, Saturday, August 21st
- Miami Nice Sprint and Olympic Triathlon, Sunday, August 29th
- Sunday, August 29th, HOT - Hammerhead Olympic Triathlon
- Saturday, September 4th, Venice Triathlon
- Sunday, September 5th, Trek Women's







## AUGUST NEWSLETTER SPONSOR NEWS



Yoga with Jill Voorhis—Outspokin will be holding a Yoga class every Monday at 7:00 PM. All skill levels welcome. Cost is \$6.00 per participant. Open water swim is every Tuesday in Sand Key at the 2nd bathhouse. All

levels are welcome. Outspokin Bicycles is the exclusive retailer for Endurance Conspiracy clothing in Florida.



### In-store Events

- **10% off** all regular priced shoes when you bring in your gently used old shoes. We donate to the Tampa Bay Homeless shelters.
- Donate all your old race medals to our store - we will be taking them to All Children's Hospital twice a year where the children will compete in small events to win them. Optional - Sign your name and put your race time on the back with black permanent marker.
- There is a running group that meets on Tuesdays at 6:30 pm at the store.

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Check out East West Acupuncture's newsletter which contains lots of great information including nutrition info.

<http://www.acupunctureinwestchase.com/docs/Newsletter%20August%202010.pdf>

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Please give our sponsors your business whenever possible, we hope to list their specials in this newsletter each month from now on:

- 1) Outspokin Family Bicycles & Pro Shop <http://outspokin.net>
- 2) Sharon Durrett, [www.durrettorthodontics.com](http://www.durrettorthodontics.com)
- 3) [WestchaseWow.com](http://WestchaseWow.com), World of Westchase
- 4) Foot and Ankle Center of Tampa - Dr. Lowrey <http://www.drLowrey.com>
- 5) American Running Company - [www.americanrunningcompany.com](http://www.americanrunningcompany.com)
- 6) Ely Contracting and Handyman Services  
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- 9) Hammer Products [www.hammernutrition.com](http://www.hammernutrition.com)
- 10) East West Acupuncture & Wellness Center [www.acupunctureinwestchase.com](http://www.acupunctureinwestchase.com)