



Newsletter

Let's try it again...

The date? Does it really matter date? It's late already!!

Don't forget, annual membership is (way over)due!

If ya wanna wear our gear, be invited to parties, be in with the cool crowd - sorry, but you gotta pay!

How much? \$20 **When?** Yesterday

Where? Tricredible Headquarters, 2741 Preston Lane, Grimesland, NC 27837
Get that check sent today!



Wish they would have let us use these during the olympics!!

HELP! I'm falling and my powers aren't cooperating!

NEEDED: some newsletter stuffers!

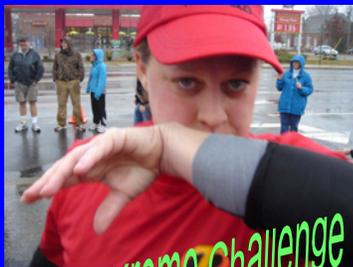


**You want some fame in the newsletter?
Dying to get your two cents heard?
Just wanna start conversation?**

We have the space and would love to have members fill the newsletter. Only criteria, must be original and pertain to our lifestyle...swimming, biking, running, eating, exercise attire, etc.

If you want to take over, **ROCK ON!!**

SMILE



Krispy Kreme Challenge



SHARE - RECIPES - SHARE



Black Bean Brownies

1 box double chocolate Giradeli brownie mix- (HELLO- no substitutions, cheaper brownie mixes do not contain the GOOD Chocolate!!)

1 can of black beans , you can puree the entire can without draining- or you can drain the can with the lid still partially attached and add back water- just enough to fill the can with the beans still in the can.- just replacing the same amount of liquid you drained. Puree, add to brownie mix and stir together-

Bake for 40-50 min- enough that the middle is not wet, and sides are not crunchy

Variations: I add 1 cup of walnuts to the batter- I like it crunchy.

If you just need a little oil in your diet- you can add in 2 Tablespoons of EVOO- it does make the brownies just a little richer tasting!!

By Kristine Kelley-Salomon





Training Calendar -

- Sunday - long something (bike or run or both!)
- Tuesday - 25+ mile bike ride, EPWC
- Wednesday - ECU track, 6pm
- Thursday - Downtown Post Ride (25 or 30 loop), 6pm
- Saturday - am SRC swim, long something (run or bike)

Doing something and need company? holler on the yahoo site, always more fun with others!

Your trash, might be another's treasure, list stuff you have here!

- Trades
- Freebies
- Selling
- Loaners

Don't let it collect dust, let others try!



"116, you just got girled. 856, now you're girled. Nice socks, 416. Did you get those at 'Socks for Dudes that Just Got Girled?' 637, why do you look so mad? Oh, cuz you're getting girled!"

Some random sites, that might be of interest:

<http://whfoods.com/foodstoc.php>

<http://www.sportsscientists.com>

<http://www.jeffdevlin.com/articles.php>

[Http://mapmyride.com](http://mapmyride.com)

You might be disappointed if you fail,
but you are doomed if you do not try

- Beverly Sills

Upcoming events:

- May 16 Nelson Bay
- May 30 Lake Kristi
- June 13/14 Tri Latta
- June 28 Kure Beach
- July 12 Triangle
- Aug 1 Washington Olympic
- Aug 8 Goldsboro



The rockin' Tricredible cheering squad! And a first time halfer kicking _ss!

