

Dear Visitor

Just a couple of days to TCR10 and we've now got the final seminar and feature program on our site [www.tcrshow.com](http://www.tcrshow.com). Remember your ticket covers you for the whole weekend so if you can't fit it all in on Saturday, come back Sunday! There's FREE car-parking, Bike storage and shuttle bus from Esher Station...

### See Triathlon Plus at the TCR Show!

For the first time you can visit Triathlon Plus at TCR, meet the team and pick up a free copy of the mag! Triathlon Plus offers training expertise, buying advice and stunning photography. Created by triathletes for triathletes, the magazine offers the training and gear coverage and draws upon the knowledge of some of the world's most successful athletes and coaches.

### Expert bike advice – book your FREE session

Get the most out of your bike at the **Triathlon Plus Bike Workshop**. Bike tech expert **George Ramelkamp** will be running live demonstrations and Q&A's across the weekend. Plus you can **book a one-on-one session and get free expert advice tailored to your individual needs**.

### Bring your bike along and learn how to:

- maximise the performance of your bike
- expert tips on bike set up, from mechanical adjustments to positioning
- what to buy and how to maintain your equipment

Email [info@m2events.net](mailto:info@m2events.net) to book a place in advance or just pop on the stand and take the next available slot.

Editor of Triathlon Plus, **Elizabeth Hufton**, will be giving a seminar entitled **Facing up to Ironman** in the TCR Theatre on Saturday at 10:00 and Sunday at 14:00. Whether Ironman is your first tri or if you're used to racing but at shorter distances - this seminar will be vital, as Elizabeth takes you through the key points to remember when preparing to go long.

### Exclusive offer to TCR Show visitors – save £10!

If you want to take your racing to the next level, a subscription to Triathlon Plus is the ideal way to start, and now is the perfect time to subscribe as we're offering TCR Show visitors an exclusive saving of £10!

**This offer is just for TCR Show visitors**, and is only valid until 31st March. Subscribe for a one or 2 year subscription to Triathlon Plus from just £23.72 - that's over **50% off the RRP**.

With your discount, you can enjoy a year's worth of expert training advice, unrivalled kit coverage and tips from the pros for just over £20!

This exclusive offer is only valid until 31st March so use your £10 voucher now! [Click here](#) and enter the voucher code **FH9qXa8Wwm** at the checkout.

#### Terms and conditions

Voucher only redeemable against 1 year or 2 year credit card/debit card subscription to Triathlon Plus on [www.myfavouritemagazines.co.uk](http://www.myfavouritemagazines.co.uk). Valid until 31st March 2010. Use subject to our Terms & Conditions. Offer is non-transferable. Valid against new subscriptions only, not renewals or single issues. Not to be used in conjunction with any other offer. No cash value. Promoter: Future Publishing Limited, 30 Monmouth Street, Bath BA1 2BW. Company Number: 200885