



TRI-VALLEY EXECUTIVE'S ASSOCIATION

P.O. Box 985 ♦ PLEASANTON CA 94566

PHONE & FAX 485-1394 ♦
www.trivalleyexecs.com

AUGUST 24, 2006

NEXT WEEK:

The next regular meeting of the Tri-Valley Executives' Association will be held on Thursday, **August 31**, at Vic's All-Star Kitchen at 7:00am.

The GREETERS will be **Ron Robinson** of VIP Employer Services and **Jim Pease** of W.H. Mayer Accountancy Corp.

Tom Fox of Hometown GMAC Real Estate will give the VALUE.

The CLASSIFICATION will be given by **John Quintanal** of USANA Health Sciences.

GUESTS:

Thanks to Dave Sanchez, Sr. for inviting Brad and Francis from Tucknott Electric.

MEMBERSHIP POSTING:

Second Posting:

Jim Moog, M.A. MFT, B.C.E.T.S
1439 Cedarwood Lane, Pleasanton CA 94566
Tel: 925-339-1964, Fax: 925-838-4575
Classification: Marriage & Family Counseling
Proposed by: Manny Martin, Amador Valley
Property Management

BROCHURES:

We have new brochures! Please take as many as you want at the next meeting. Since we have some new members, we will be reprinting again soon.

ROAD SHOWS:

We've been lucky to have had a couple of great Road Shows this month.

Thanks to **Norma Vorhies** of Millennium Salon & Day Spa for hosting us on August 10 at her beautiful salon and day spa.

And thanks to **Pam Meyer** of Design Works LTD. for hosting us on August 24 at her wonderful interior design studio.

Our next Road Show will be to the Law Offices of Beverly Hoey on October 12. If you are interested in showing off your "digs" call Cristin to get available dates; the TVEA will reimburse up to \$450 for catering.

OUR VERY OWN TRIATHLETE:

By Jason Cooke

Alright, not that you asked for all this information but.....My Lake Placid race was a fantastic experience. I had my wife and kids there as well as my brother to shoot video. I didn't have the perfect day but I felt like I gave a solid effort the whole day. My wife tells me not to talk about it unless I'm asked.

A little background, there are six Ironman events in North America (Arizona, Canada, Coeur d'Alene, Wisconsin, Florida and Ironman USA in Lake Placid- www.ironmanusa.com). The world championship is in Kona, Hawaii each October. There are two ways to enter these races:

- 1) Sign up the day after the previous year's race (LP sells out in about 3 hours), or
- 2) Qualify at a designated smaller/ shorter event (which is what I did last March in Oceanside)

The race was on July 23. There are about 2,300 who start. 2.4 mile swim, 112 mile bike, 26.2 mile run. You have 17 hours to complete the distance. A finishing time of 11:18 put me in



TRI-VALLEY EXECUTIVE'S ASSOCIATION

P.O. Box 985 ♦ PLEASANTON CA 94566

**PHONE & FAX 485-1394 ♦
www.trivalleyexecs.com**

360th place. Qualifying for Hawaii would require a time of about 10:00-10:15 (in the age groups from 25-45).

I weighed 180lbs a year ago. I left for NY the week before weighing in at 168lbs. I finished the race weighing 156lbs. Many cheeseburgers and burritos later I'm back around 170.

As I mentioned in the last meeting, I will be giving the Arizona race a try in April.

Thanks to Dr. Rick for working on a few injuries and John Quintanal for supplying the vitamins.

Jason
[Jason Cooke, Herrmann Financial Services]
