

CHESAPEAKE ULTRA TRIATHLON

Saturday, September 25, 2010



Bellerose, NY
Elik Hirsch
15:41:25

RACE RESULTS POWERED BY ENDORPHIN REPORT

WELCOME...

Chesapeake Ultra Triathlon 2010

Your Post Race Endorphin Report



and

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REPORT

ARE PROUD TO PRESENT YOUR...

CHESAPEAKE ULTRA

2010

TRIATHLON

RACE REPORT



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Chesapeake Ultra Triathlon 2010

Your Post Race Endorphin Report



ENDURANCE FUELS
& SUPPLEMENTS



HOW TO READ...

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How to Read this Report

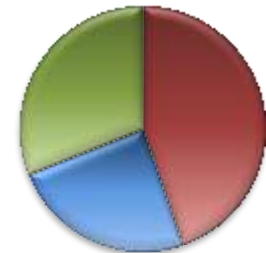
Thank you for purchasing your Post Race Endorphin Report. This report is designed to provide you with a detailed analysis of your race day performance.

Our mission is to help you continue to learn and grow in your endurance racing ability in order to help you accomplish your personal racing goals. Our hope is that you will learn both your strengths and weaknesses and continue to craft your training to ultimately accomplish these goals.

Your report begins with an overall summary and break out summaries for each leg of the event to help you understand which portions of your race were your strongest and where there is room for improvement. The summaries begin with a course map and then provide detailed information about each section of the race comparing how strong you were during each portion of the race, what percent of your overall time was spent on each leg as well as how many athletes you passed or vice versa in each section.

Finally, your report ends with detailed charts that take your overall race results and display them visually so that you can see exactly how you performed in comparison with the field and how your individual race results compare to race average times.

#169
E. Hirsch
15:41:25
Chesapeake Ultra
9/25/2010



Your Race Report >>

NOTES:

- 1) Course distances have been provided to us by the event director; Endorphin Report is not responsible for their accuracy.
- 2) All stats/rankings listed in the report are based off chip times.

RACE SUMMARY BEGINS...

Chesapeake Ultra Triathlon 2010

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**YOUR
RACE
SUMMARY »**



RACE SUMMARY

Chesapeake Ultra Triathlon 2010

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Elik Hirsch

Gender: Male

Age Group: M35-39

Distance: ULTRA

Division: AG-M (35-39)

Swim

Time: 01:21:30

Distance: 2.4 miles (3.87 KM, 4232 yards)

t1

Time: 00:08:47

Bike

Time: 07:37:20

Distance: 180.3 KM (112 miles)

t2

Time: 00:09:17

Run

Time: 06:24:34

Distance: 42.2 KM (26.2 miles)

Finish

Time: 15:41:25

(w/ penalty = 0:04:00)

Overall Rank: 100 / 110 (Top 90.9%)

Rank Among Males: 79 / 87 (Top 90.8%)

Rank Among All 35-39 Males: 14 / 15 (Top 93.3%)

Rank In Your Division: 12 / 13 (Top 92.3%)

#169

E. Hirsch

15:41:25

Chesapeake Ultra

TRIATHLON

9/25/2010

GENERAL RACE INFO

Chesapeake Ultra Triathlon 2010

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General Race Info



Sanctioned



Race Name: Chesapeake Ultra Triathlon

Race Location: Cambridge, MD

Race Date: 9/25/2010

Start Time: 7:00:00

Conditions at the Start

Temperature: 73 F / 23 C

Humidity: 83%

General: Clear

Average / Median Times

Overall: 13:49:04 / 13:58:33

Males: 13:37:10 / 13:38:44

35-39 Males: 13:50:52 / 13:45:59

Division: 13:50:52 / 13:41:48

40+ Males: 13:47:10 / 14:10:53

1st Male Finisher: Rick Fesler

9:37:53 (SWIM 1:00:33, BIKE 4:58:35, RUN 3:34:28)

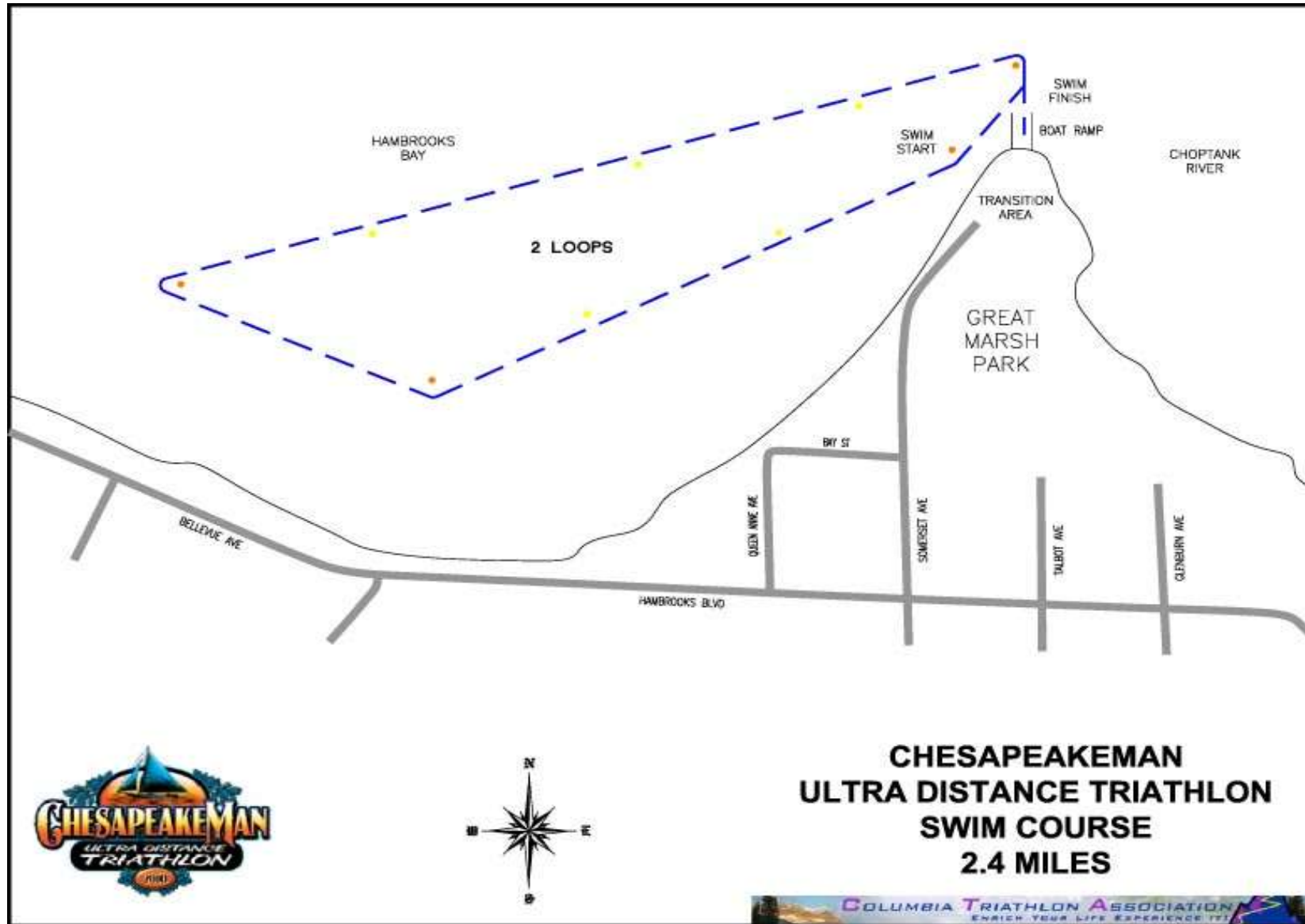
1st Female Finisher: Alison Deem

13:31:26 (SWIM 1:11:26, BIKE 6:46:27, RUN 5:09:26)

SWIM MAP

Chesapeake Ultra Triathlon 2010

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SWIM SUMMARY

Chesapeake Ultra Triathlon 2010

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Elik Hirsch

SWIM

Time: 1:21:30

Distance: 4232 yards (3870 meters, 2.4 miles)

Pace: 00:02:06 per 100 m

Overall Rank after Swim: 57 / 110 (Top 51.8%)

Division Rank after Swim: 7 / 13 (Top 53.8%)

GENERAL SWIM STATS

Average/Median Times

Overall: 1:21:18 / 1:20:15

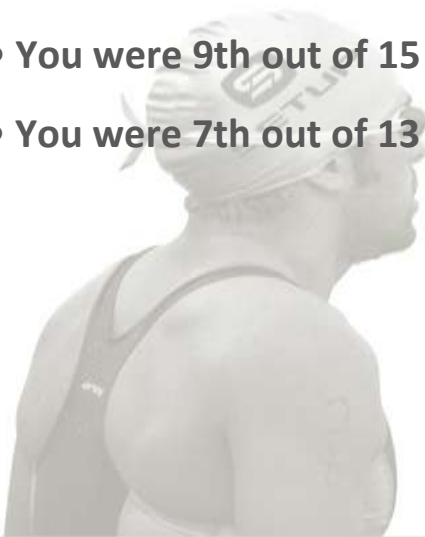
Males: 1:19:58 / 1:18:44

35-39 Males: 1:17:28 / 1:18:40

Division: 1:19:09 / 1:21:30

40+ Males: 1:21:47 / 1:21:37

- **This stage ranked 1st in terms of stage strength (1st if you also include the two transition stages).**
 - **You were in the water for 8.7% of the race.**
-
- **At the completion of the swim, you were 46th out of 87 men. (Top 52.9%)**
 - **You were 9th out of 15 men in your age group of 35-39. (Top 60%)**
 - **You were 7th out of 13 athletes in your division, AG-M (35-39). (Top 53.8%)**



TRANSITION TO BIKE (T1) SUMMARY

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Elik Hirsch

T1

T1 Time: 0:08:47

Cumulative Time after T1: 1:30:17

Overall Rank after T1: 68 / 110 (Top 61.8%)

Overall Rank within the T1 stage: 96 / 110 (Top 87.3%)

GENERAL T1 STATS

Average/Median Times

Overall: 0:06:01 / 0:05:38

Males: 0:05:50 / 0:04:52

35-39 Males: 0:06:32 / 0:07:10

Division: 0:06:20 / 0:06:40

40+ Males: 0:05:57 / 0:05:34

- This stage ranked 4th in terms of stage strength out of all five stages.
 - You were in the T1 stage for 0.9% of the race.
-
- You were passed* by 10 men and 1 woman in this stage (net).
 - You were passed by 2 men ages 35-39 in this stage.
 - You were passed by 2 athletes in your division, AG-M (35-39), in this stage.
-
- You placed 76th out of 87 men within this stage. (Top 87.4%)
 - You placed 12th out of 15 men in your age group of 35-39 within this stage. (Top 80%)
 - You were 10th out of 13 in your division, AG-M (35-39), within this stage. (Top 76.9%)
-
- You were 56th out of 87 men at the end of this stage. (Top 64.4%)
 - You were 11th out of 15 men in your age group of 35-39 at the end of this stage. (Top 73.3%)
 - You were 9th out of 13 in your division, AG-M (35-39), at the end of this stage. (Top 69.2%)

* The "passed & passed by" details above are determined as per your **absolute total rank change** within the group listed. **Accuracy of the data is affected by the amount of missing timing data**

T1 Pass Details

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Bib	Division	Gender	Athlete	Swim	T1	Bike	T2	Run	Time	
138	AG-M (25-29)	M	Thomas Eck	1:25:32	0:04:32	7:04:10	0:12:04	5:53:38	14:39:55	
142	AG-M (25-29)	M	Mark Entwistle	1:22:10	0:03:56	6:48:43	0:04:04	5:16:17	13:35:09	
152	AG-M (30-34)	M	Tim Goetzinger	1:21:59	0:05:22	6:40:30	0:08:35	6:13:59	14:30:22	
158	AG-M (30-34)	M	Brian Hammond	1:23:24	0:03:03	6:20:15	0:02:15	6:15:50	14:04:45	
147	AG-M (35-39)	M	Mike Fuller	1:22:59	0:06:40	7:22:34	0:14:50	5:34:03	14:41:05	
185	AG-M (35-39)	M	Brian Lewis	1:22:16	0:03:43	6:21:33	0:09:56	5:48:32	13:45:59	
196	AG-M (40-44)	M	Todd McAuley	1:26:37	0:02:25	6:05:27	0:07:29	5:03:09	12:45:05	
111	AG-M (50-54)	M	Mark Brinker	1:23:23	0:01:53	5:58:31	0:04:16	5:55:23	13:23:24	
224	AG-M (55-59)	M	Peter Ricciardi	1:23:43	0:05:54	6:44:29	0:08:20	6:17:25	14:39:49	
183	MM	M	William Lane	1:26:07	0:03:24	5:41:02	0:05:22	4:35:50	11:51:44	
174	OF	F	Emily Jacobs	1:22:34	0:05:38	6:40:41	0:02:53	5:33:07	13:44:51	
127	OM	M	Jacob Danner	1:25:18	0:04:18	6:35:34	0:10:46	6:13:51	14:29:44	
169	AG-M (35-39)	M	Elik Hirsch	1:21:30	0:08:47	7:37:20	0:09:17	6:24:34	15:41:25	
219	AG-M (45-49)	M	Michael Parsons	1:20:46	0:13:16	7:09:08	0:10:16	5:35:21	14:28:45	He passed you back later in the race.

Athletes that Passed You (11 Males and 1 Female)

You

Athletes You Passed (1 Male and 0 Females)

BIKE MAP

Chesapeake Ultra Triathlon 2010

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BIKE SUMMARY

Chesapeake Ultra Triathlon 2010

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REPORT

Elik Hirsch

BIKE

Time: 7:37:20

Distance: 180.3 KM (112 miles)

Pace: 14.7 mph

Overall Rank after Bike: 95 / 110 (Top 86.4%)

Overall Rank within Bike Stage: 105 / 110 (Top 95.5%)

GENERAL BIKE STATS

Average/Median Times

Overall: 6:35:33 / 6:40:27

Males: 6:28:13 / 6:25:23

35-39 Males: 6:31:38 / 6:21:33

Division: 6:29:56 / 6:20:13

40+ Males: 6:26:19 / 6:39:36

- This stage ranked 3rd in terms of stage strength (5th if you also include the two transition stages).
- You were biking for 48.6% of the race.

- You were passed* by 22 men and 5 women in this stage (net).
- You were passed by 3 men ages 35-39 in this stage.
- You were passed by 3 athletes in your division, AG-M (35-39), in this stage.

- You placed 84th out of 87 men within this stage. (Top 96.6%)
- You were 13th out of 13 in your division, AG-M (35-39), within this stage. (Top 100%)

- You were 78th out of 87 men at the end of this stage. (Top 89.7%)
- You were 14th out of 15 men in your age group of 35-39 at the end of this stage. (Top 93.3%)
- You were 12th out of 13 in your division, AG-M (35-39), at the end of this stage. (Top 92.3%)

* The "passed & passed by" details above are determined as per your **absolute total rank change** within the group listed. Accuracy of the data is affected by the amount of missing timing data

Bike Pass Details

Chesapeake Ultra Triathlon 2010

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Bib	Division	Gender	Athlete	Swim	T1	Bike	T2	Run	Time	
110	AG-M (20-24)	M	Ryan Bresson	1:33:30	0:14:36	6:52:35	0:25:06	4:59:05	14:04:50	
133	AG-M (20-24)	M	Patrick Digiulian	1:27:25	0:04:49	6:48:59	0:04:40	5:10:08	13:35:59	
124	AG-M (25-29)	M	Kyle Cross	1:33:06	0:05:45	6:55:24	0:05:26	6:47:47	15:27:27	
150	AG-F (25-29)	F	Tara Gianoulis	1:26:55	0:04:29	6:56:55	0:06:10	5:31:14	14:05:40	
189	AG-M (25-29)	M	Johnny Lyons	1:28:55	0:03:32	6:25:23	0:04:15	5:33:51	13:35:55	
202	AG-M (25-29)	M	Christopher Monti	1:32:46	0:08:11	7:22:25	0:08:51	5:32:04	14:44:15	
237	AG-M (25-29)	M	Daniel Spakowicz	1:26:04	0:06:04	6:40:41	0:08:44	4:06:34	12:28:06	
139	AG-M (30-34)	M	Hennen Ehrenclou	1:36:45	0:06:11	6:36:43	0:04:18	4:49:53	13:13:47	
102	AG-M (35-39)	M	Hugh Anstett Anstett	1:27:38	0:04:41	5:38:38	0:10:21	5:02:42	12:23:57	
116	AG-M (35-39)	M	Jean-Paul Chretien	1:25:40	0:08:50	6:20:13	0:07:55	5:04:50	13:07:26	
135	AG-M (35-39)	M	Robert Drewell	1:25:26	0:04:58	6:28:33	0:05:30	4:28:02	12:32:27	
112	AG-F (40-44)	F	Cynthia Brown	1:39:34	0:06:25	7:05:55	0:11:22	5:22:13	14:25:27	
118	AG-M (40-44)	M	Michael Clampitt	1:22:37	0:08:38	7:03:35	0:10:55	5:11:32	13:57:15	
141	AG-M (40-44)	M	Rob Engels	1:30:42	0:13:00	7:06:17	0:11:39	6:36:34	15:38:10	
200	AG-M (40-44)	M	Thomas Mercer	1:34:33	0:08:46	7:06:24	0:06:50	4:37:23	13:33:54	
134	AG-M (45-49)	M	John Donovan	1:28:28	0:05:13	7:08:24	0:08:33	6:58:17	15:48:52	Passed him back later in the race.
165	AG-M (45-49)	M	Charles Helms	1:43:32	0:04:52	7:14:58	0:05:47	5:35:07	14:44:15	
216	AG-M (45-49)	M	Jeffrey Ottman	1:41:07	0:07:41	6:48:15	0:08:55	7:13:13	15:59:09	Passed him back later in the race.
219	AG-M (45-49)	M	Michael Parsons	1:20:46	0:13:16	7:09:08	0:10:16	5:35:21	14:28:45	
240	AG-F (45-49)	F	Tara Swinchatt	1:27:07	0:04:40	6:40:24	0:06:34	6:00:42	14:19:25	
248	AG-M (45-49)	M	David Wheeler	1:26:19	0:07:43	5:59:33	0:06:48	5:08:31	12:48:51	
125	AG-M (50-54)	M	Jack Crowe	1:36:30	0:03:08	6:10:54	0:08:09	7:02:33	15:01:13	
172	AG-M (50-54)	M	Bob Huber	1:34:41	0:09:05	6:31:33	0:06:13	4:46:15	13:07:46	
226	AG-M (50-54)	M	Jeff Rinck	1:22:28	0:08:08	6:47:17	0:13:32	6:44:37	15:15:59	
128	ATH	F	Suzanne Danner	1:24:11	0:06:28	6:52:38	0:11:09	5:51:58	14:26:23	
Other Athletes include Bib #'s 232, 113, 109, 166, 220										
169	AG-M (35-39)	M	Elik Hirsch	1:21:30	0:08:47	7:37:20	0:09:17	6:24:34	15:41:25	
205	AG-M (20-24)	M	Nicholas Moore	1:16:20	0:07:38	8:09:28	0:11:21	5:29:49	15:14:34	He passed you back later in the race.
245	AG-F (45-49)	F	Bunny Wagner	1:12:10	0:04:33	8:17:03	0:06:21	6:02:34	15:42:39	
249	AG-M (55-59)	M	David Whittle	1:17:36	0:10:03	8:02:25	0:13:48	7:10:16	16:54:06	

Athletes that Passed You (24 Males and 6 Females)

You

Athletes You Passed (2 Males and 1 Female)

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TRANSITION TO RUN (T2) SUMMARY

Chesapeake Ultra Triathlon 2010

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Elik Hirsch

T2

T2 Time: 0:09:17

Cumulative Time after T2: 9:16:54

Overall Rank after T2: 95 / 110 (Top 86.4%)

Overall Rank within the T2 stage: 75 / 110 (Top 68.2%)

GENERAL T2 STATS

Average/Median Times

Overall: 0:08:04 / 0:07:33

Males: 0:07:51 / 0:07:16

35-39 Males: 0:09:25 / 0:09:17

Division: 0:09:30 / 0:09:17

40+ Males: 0:07:46 / 0:07:30

- This stage ranked 2nd in terms of stage strength out of all five stages.
 - You were in the T2 stage for 1% of the race.
-
- You passed* no men and no women in this stage (net).
 - Your overall rank remained the same in this stage (men ages 35-39)
 - Your overall rank within your division, AG-M (35-39), remained the same in this stage.
-
- You placed 61st out of 87 men within this stage. (Top 70.1%)
 - You placed 8th out of 15 men in your age group of 35-39 within this stage. (Top 53.3%)
 - You were 7th out of 13 in your division, AG-M (35-39), within this stage. (Top 53.8%)
-
- You were 78th out of 87 men at the end of this stage. (Top 89.7%)
 - You were 14th out of 15 men in your age group of 35-39 at the end of this stage. (Top 93.3%)
 - You were 12th out of 13 in your division, AG-M (35-39), at the end of this stage. (Top 92.3%)

* The "passed & passed by" details above are determined as per your **absolute total rank change** within the group listed. **Accuracy of the data is affected by the amount of missing timing data**

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T2 Pass Details

Chesapeake Ultra Triathlon 2010

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Bib	Division	Gender	Athlete	Swim	T1	Bike	T2	Run	Time
169	AG-M (35-39)	M	Elik Hirsch	1:21:30	0:08:47	7:37:20	0:09:17	6:24:34	15:41:25

Athletes that Passed You (0 Males and 0 Females)

You

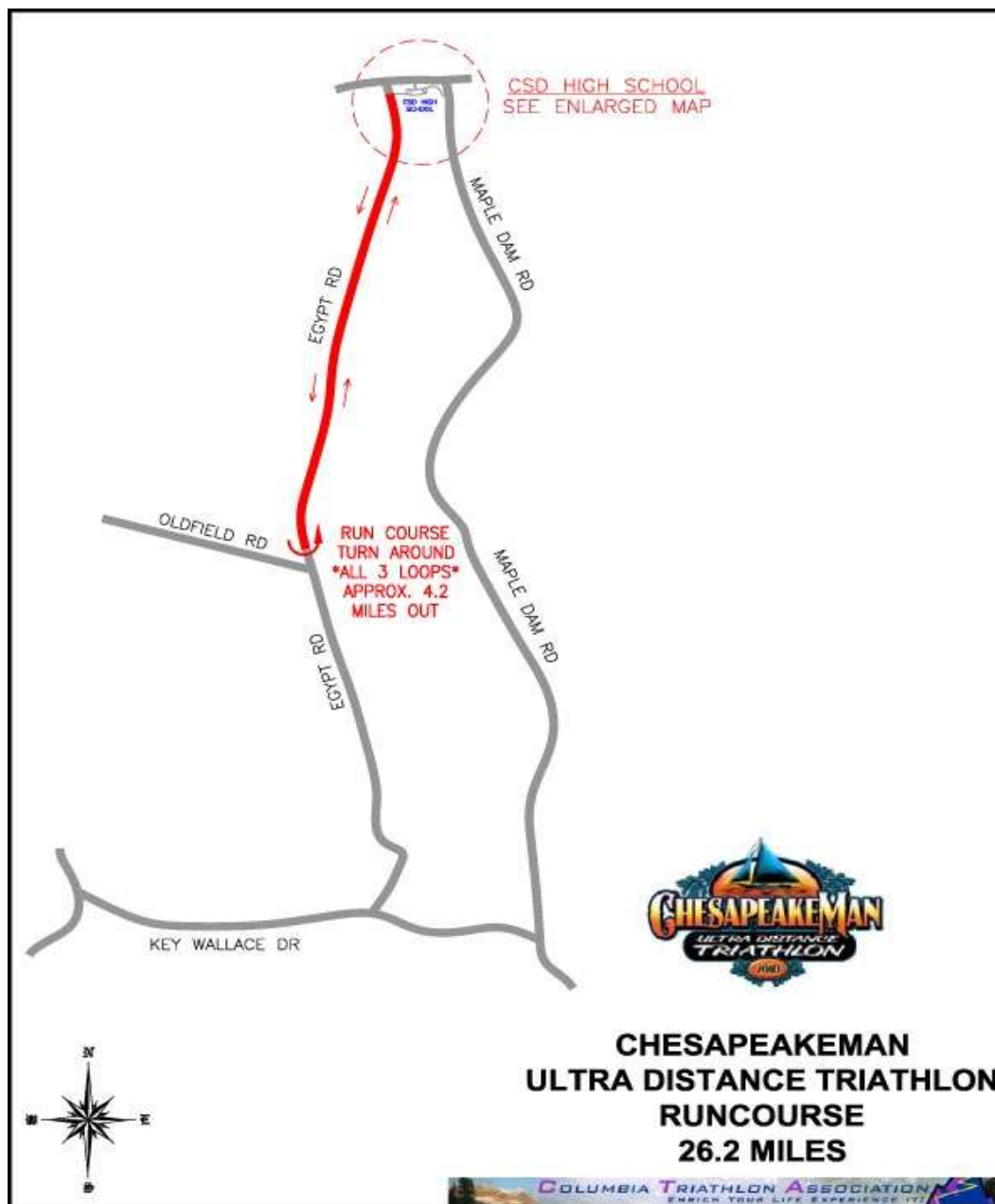
Athletes You Passed (0 Males and 0 Females)

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RUN MAP

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RUN SUMMARY

Chesapeake Ultra Triathlon 2010

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Elik Hirsch

RUN

Time: 6:24:34

Distance: 42.2 KM (26.2 miles)

Pace: 0:14:40 min/mile

Overall Rank after Run (Finish Rank): 100 / 110 (Top 90.9%)

Overall Rank within Run Stage: 89 / 110 (Top 80.9%)

GENERAL RUN STATS

Average/Median Times

Overall: 5:38:10 / 5:36:35

Males: 5:35:20 / 5:35:21

35-39 Males: 5:45:50 / 5:47:56

Division: 5:43:18 / 5:34:03

40+ Males: 5:45:23 / 5:41:14

- **This stage ranked 2nd in terms of stage strength (3rd if you also include the two transition stages).**
- **You were running for 40.8% of the race.**

- You were passed* by 1 man and 4 women in this stage (net).
- Your overall rank remained the same in this stage (men ages 35-39)
- Your overall rank within your division, AG-M (35-39), remained the same in this stage.

- You placed 70th out of 87 men within this stage. (Top 80.5%)
- You placed 11th out of 15 men in your age group of 35-39 within this stage. (Top 73.3%)
- You were 9th out of 13 in your division, AG-M (35-39), within this stage. (Top 69.2%)

- You were 79th out of 87 men at the end of this stage. (Top 90.8%)
- You were 14th out of 15 men in your age group of 35-39 at the end of this stage. (Top 93.3%)
- You were 12th out of 13 in your division, AG-M (35-39), at the end of this stage. (Top 92.3%)

* The "passed & passed by" details above are determined as per your **absolute total rank change** within the group listed. **Accuracy of the data is affected by the amount of missing timing data**

Run Pass Details

Chesapeake Ultra Triathlon 2010

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Bib	Division	Gender	Athlete	Swim	T1	Bike	T2	Run	Time
105	AG-M (20-24)	M	Zachary Bauer	1:31:43	0:12:02	7:26:47	0:12:14	5:26:58	14:49:42
155	AG-F (20-24)	F	Michelle Greene	1:37:34	0:06:33	7:29:12	0:06:37	5:19:50	14:39:44
205	AG-M (20-24)	M	Nicholas Moore	1:16:20	0:07:38	8:09:28	0:11:21	5:29:49	15:14:34
106	AG-M (25-29)	M	Michael Benz	1:35:02	0:13:30	7:30:30	0:16:32	6:04:47	15:40:19
208	AG-M (30-34)	M	Mark Mulray	1:37:05	0:07:20	7:30:18	0:05:14	6:17:50	15:37:45
153	AG-F (35-39)	F	Denise Gonzalez	1:57:12	0:06:48	7:29:22	0:10:18	5:29:13	15:12:50
175	AG-F (45-49)	F	Kim Jenny	1:48:44	0:06:55	7:21:14	0:07:55	5:37:49	15:02:34
195	AG-F (45-49)	F	Wendy Mastripolito	2:08:46	0:07:04	7:21:08	0:07:36	5:41:49	15:26:22
197	AG-M (45-49)	M	Jim McHale	1:43:43	0:04:35	7:33:00	0:11:47	5:42:24	15:15:27
169	AG-M (35-39)	M	Elik Hirsch	1:21:30	0:08:47	7:37:20	0:09:17	6:24:34	15:41:25
163	AG-M (20-24)	M	Eric Hegg	1:12:25	0:05:46	7:19:52	0:07:16	6:58:31	15:43:48
134	AG-M (45-49)	M	John Donovan	1:28:28	0:05:13	7:08:24	0:08:33	6:58:17	15:48:52
216	AG-M (45-49)	M	Jeffrey Ottman	1:41:07	0:07:41	6:48:15	0:08:55	7:13:13	15:59:09
166	MM	M	Russell Henderson	1:47:42	0:04:16	6:17:24	0:09:01	7:31:08	15:49:29

Athletes that Passed You (5 Males and 4 Females)

You

Athletes You Passed (4 Males and 0 Females)

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CHARTS BEGIN...

Chesapeake Ultra Triathlon 2010

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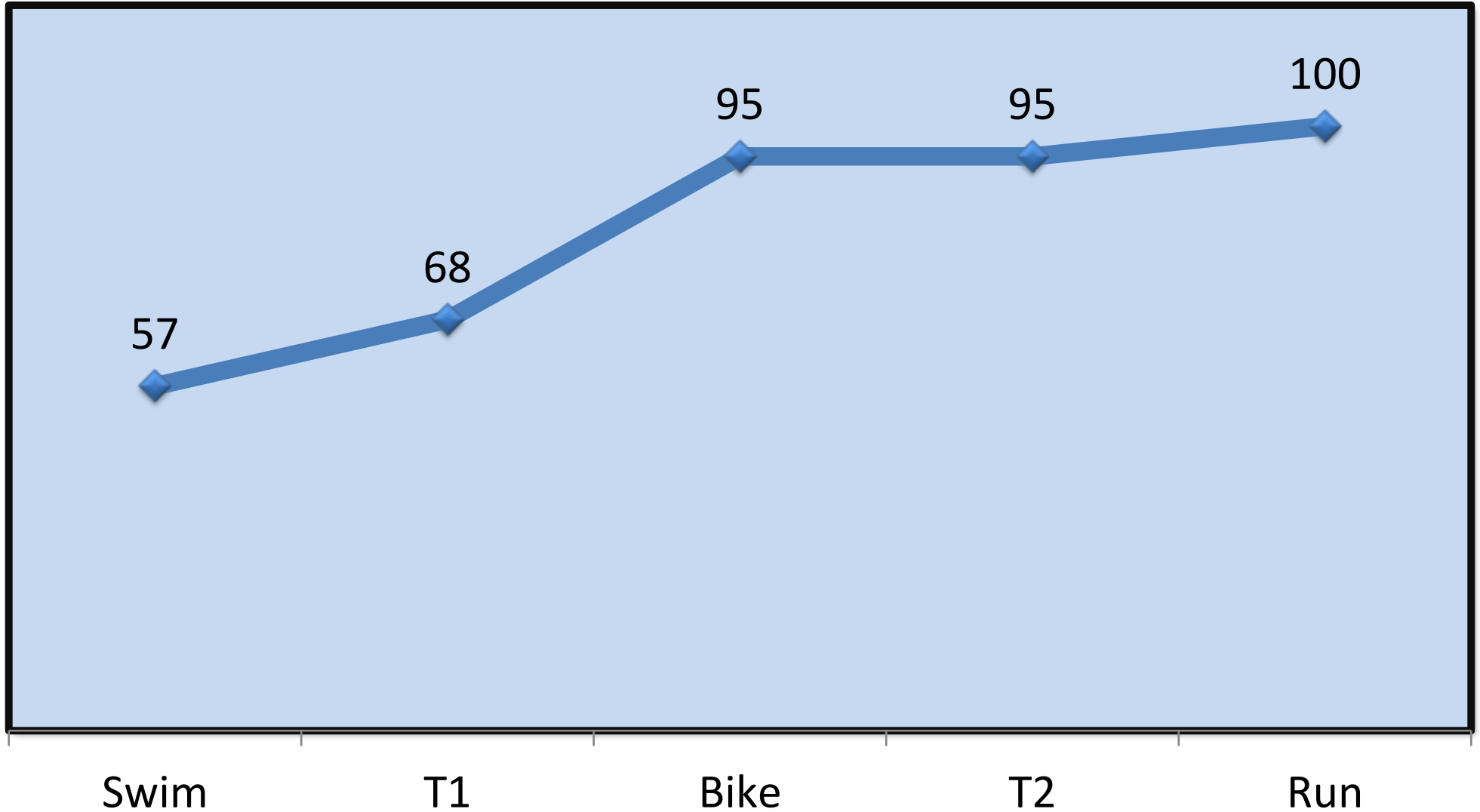
**YOUR
RACE REPORT
CHARTS »**



CUMULATIVE RANK AFTER EACH STAGE - Overall

Chesapeake Ultra Triathlon 2010

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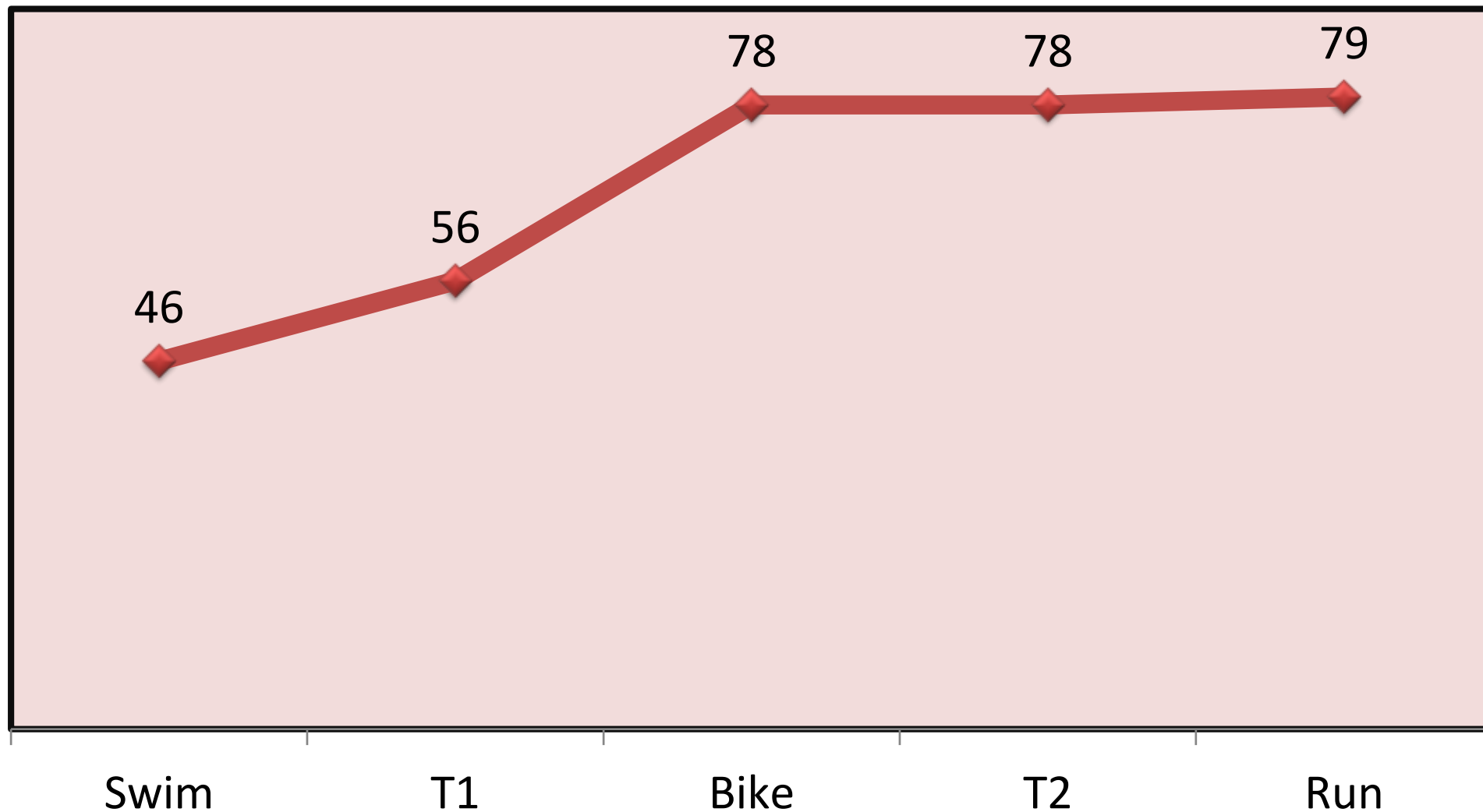


» This chart depicts your overall rank (out of 110) after each stage.
Note how your ranking changes during the race.

CUMULATIVE RANK AFTER EACH STAGE - Gender

Chesapeake Ultra Triathlon 2010

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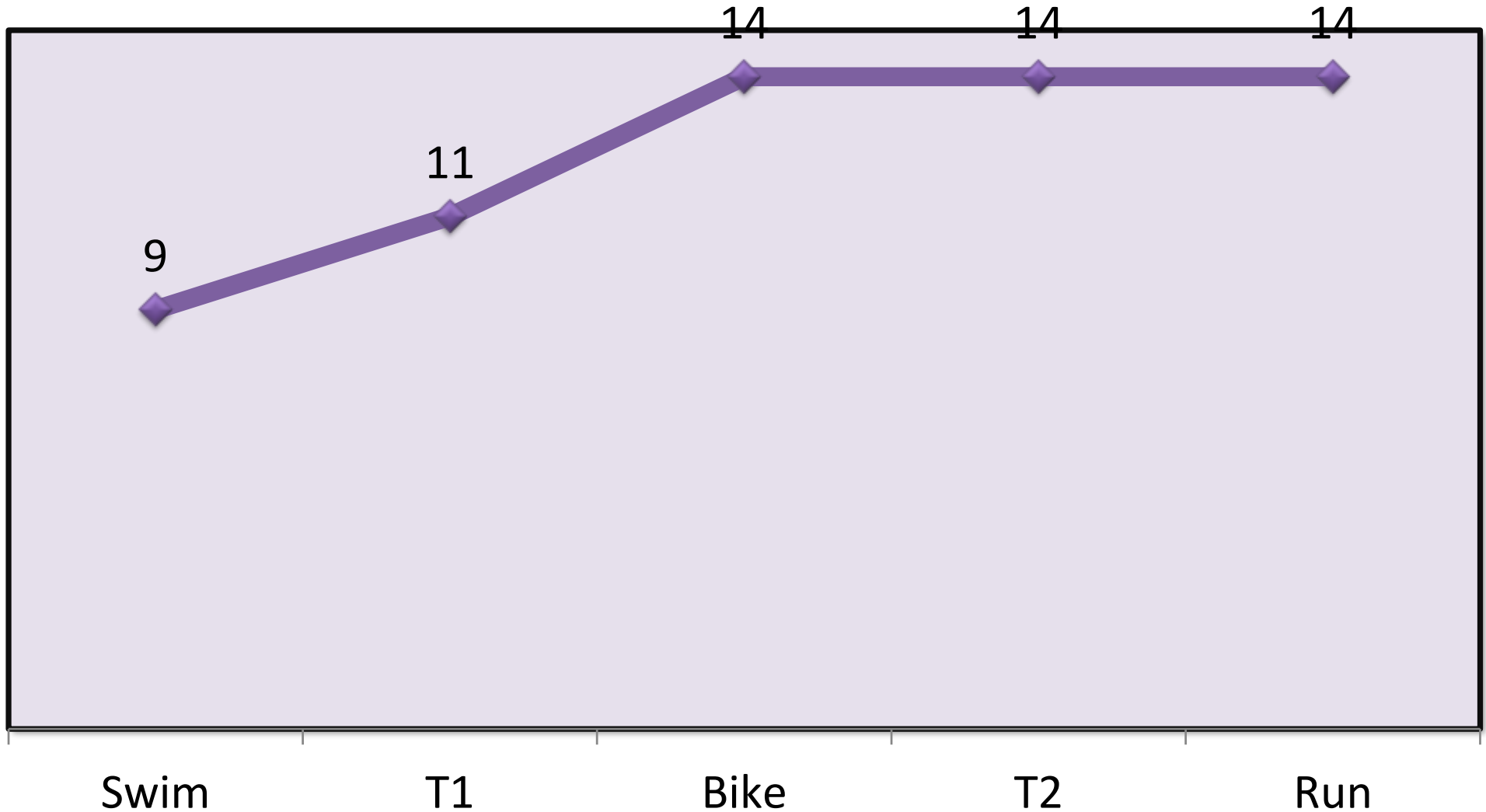


» This chart depicts your rank (out of 87) after each stage among all men.
Note how your ranking changes during the race.

CUMULATIVE RANK AFTER EACH STAGE - Gender/Age Group

Chesapeake Ultra Triathlon 2010

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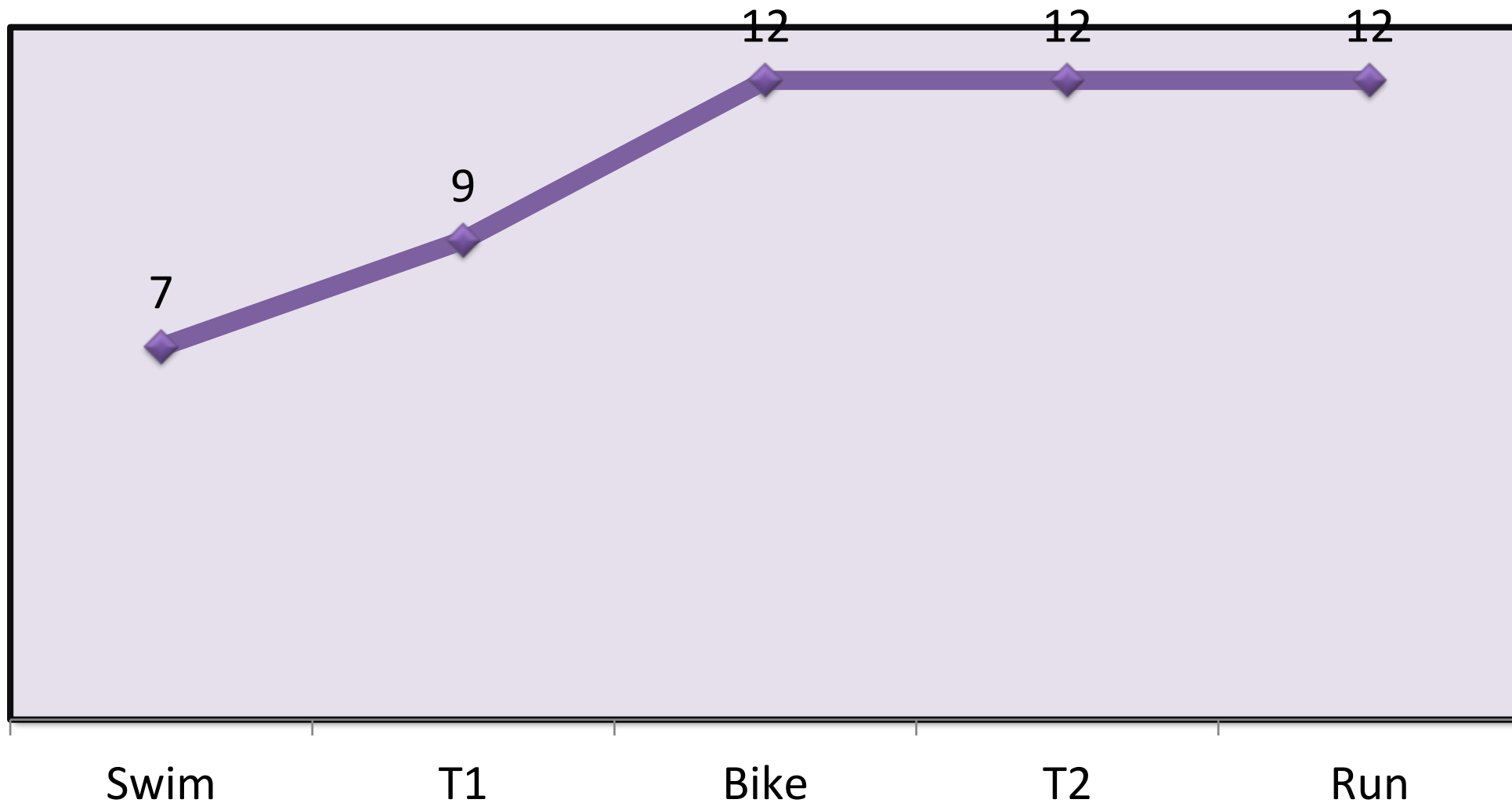
» This chart depicts your rank (out of 15) after each stage among all men, ages 35-39.

Note how your ranking changes during the race.

CUMULATIVE RANK AFTER EACH STAGE - DIVISION

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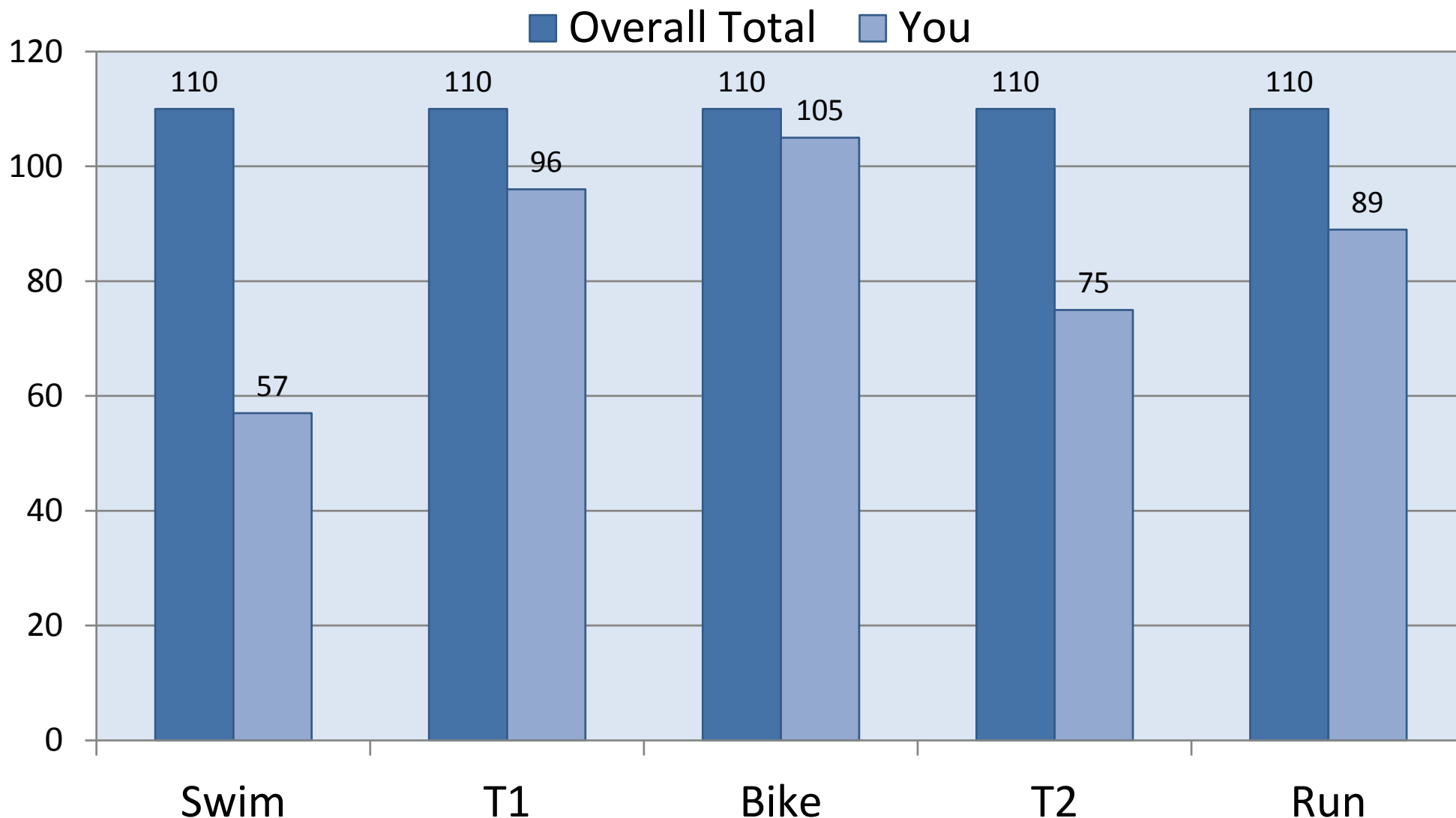


» This chart depicts your rank (out of 13) after each stage among your division, AG-M (35-39). Note how your ranking changes during the race.

STAGE INDEPENDENT RANK CHART - Overall

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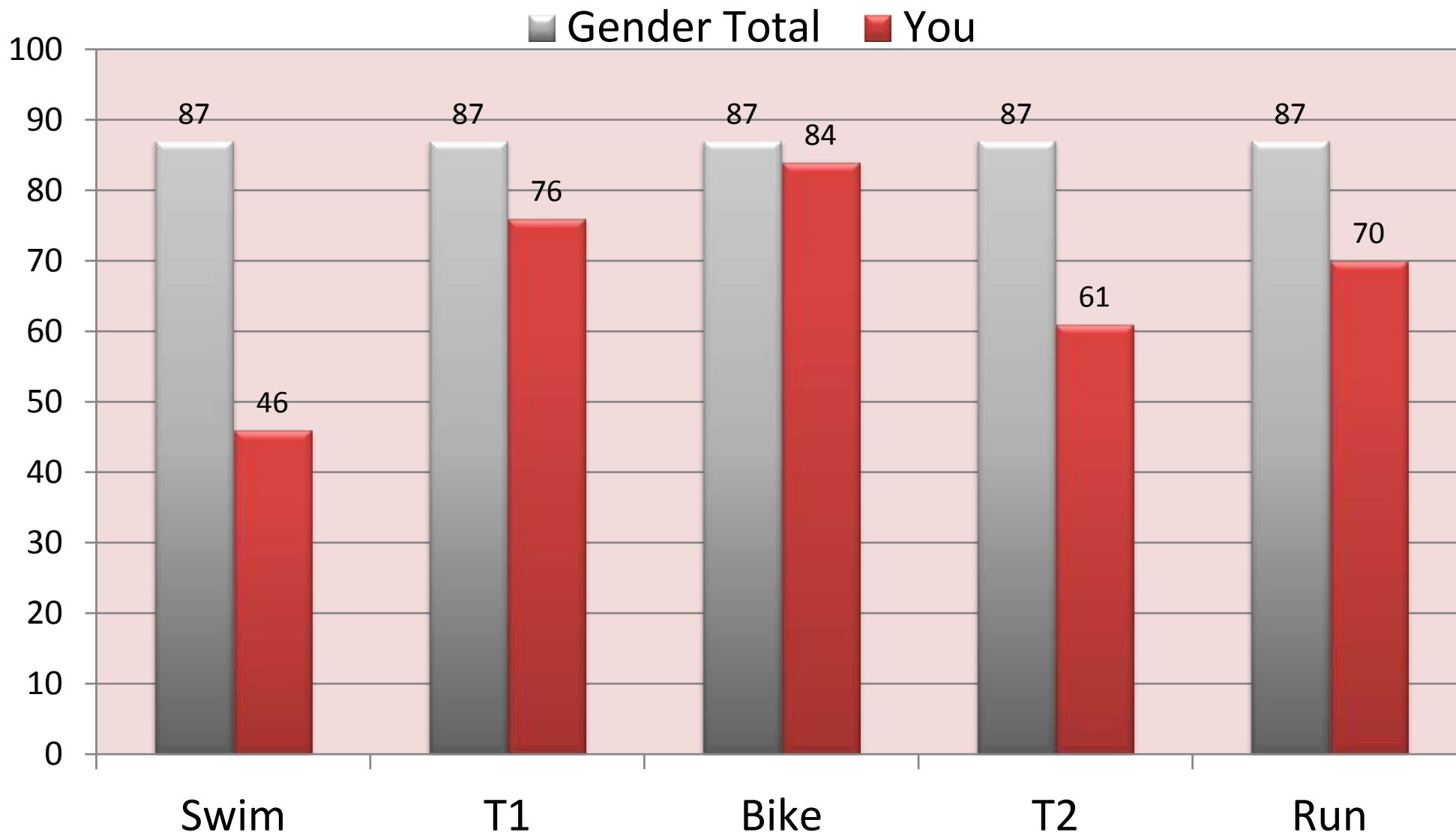
» This chart depicts your stage independent rank among all finishers.

It shows your rank among the total as if each stage were its own independent race.

STAGE INDEPENDENT RANK CHART - Gender

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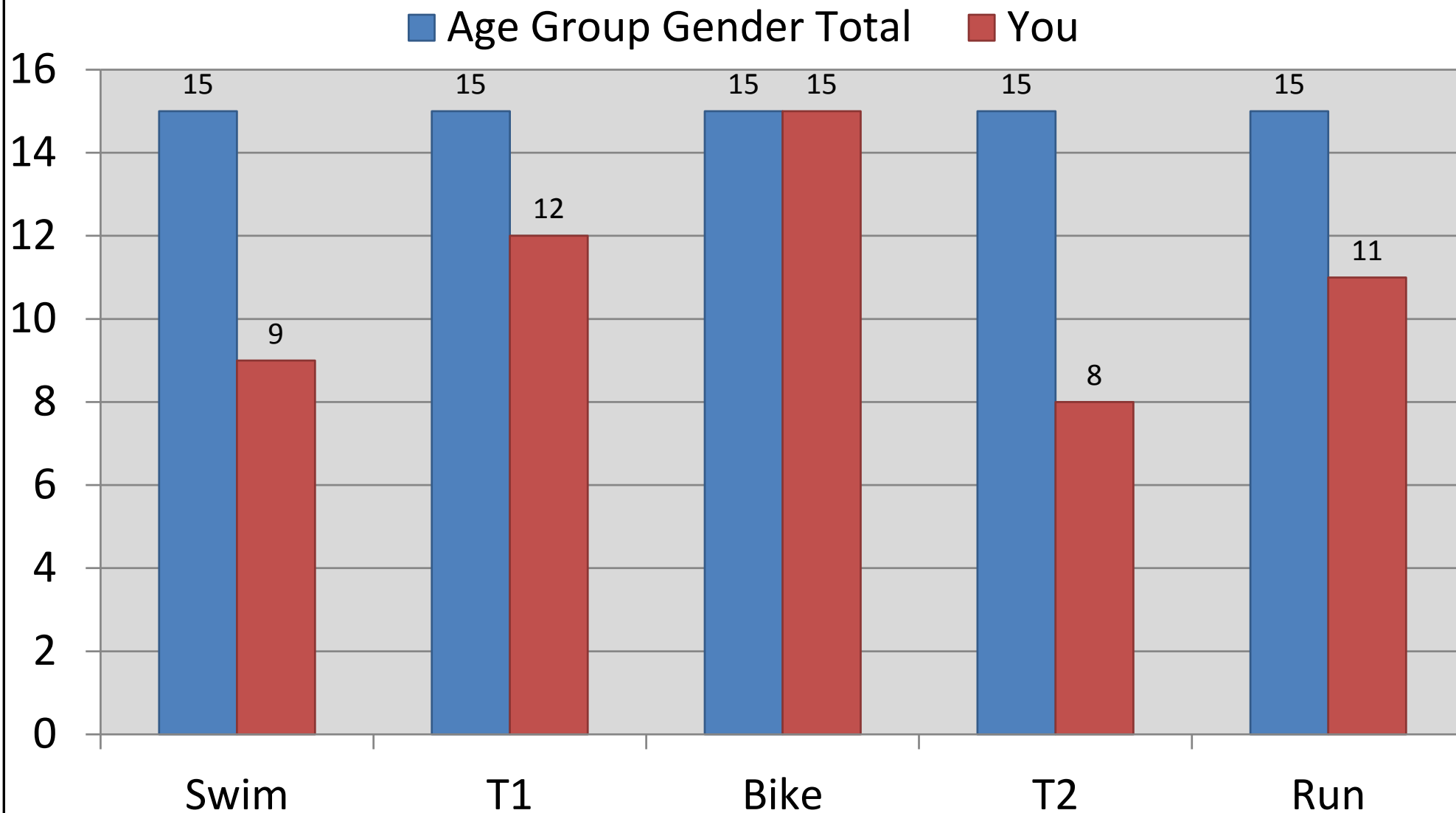
» This chart depicts your stage independent rank among all men.

» It shows your rank among the total as if each stage were its own independent race.

STAGE INDEPENDENT RANK CHART - Age Group/Gender

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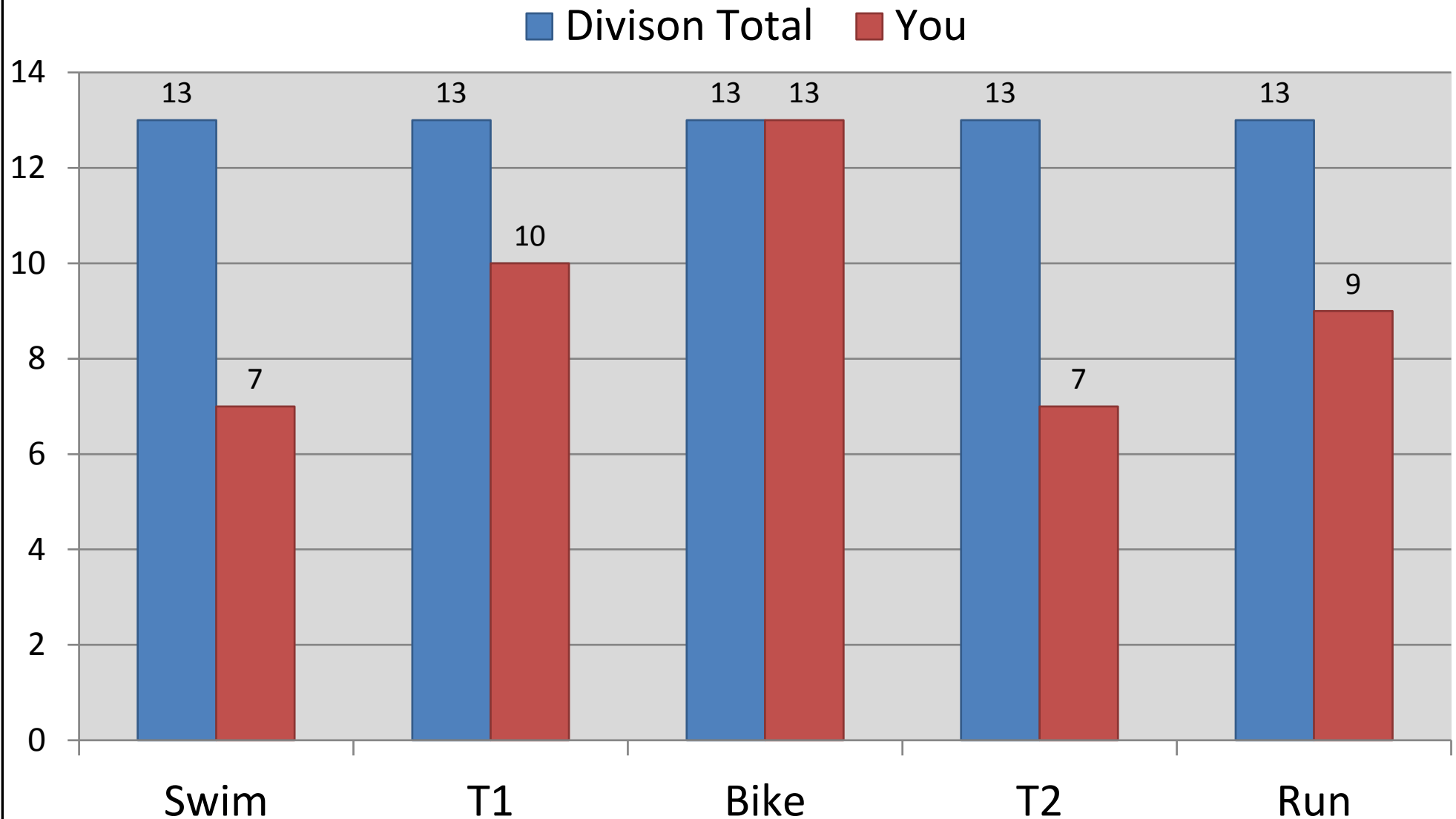
» This chart depicts your stage independent rank among all men, ages 35-39.

» It shows your rank among the total as if each stage were its own independent race.

STAGE INDEPENDENT RANK CHART - DIVISION

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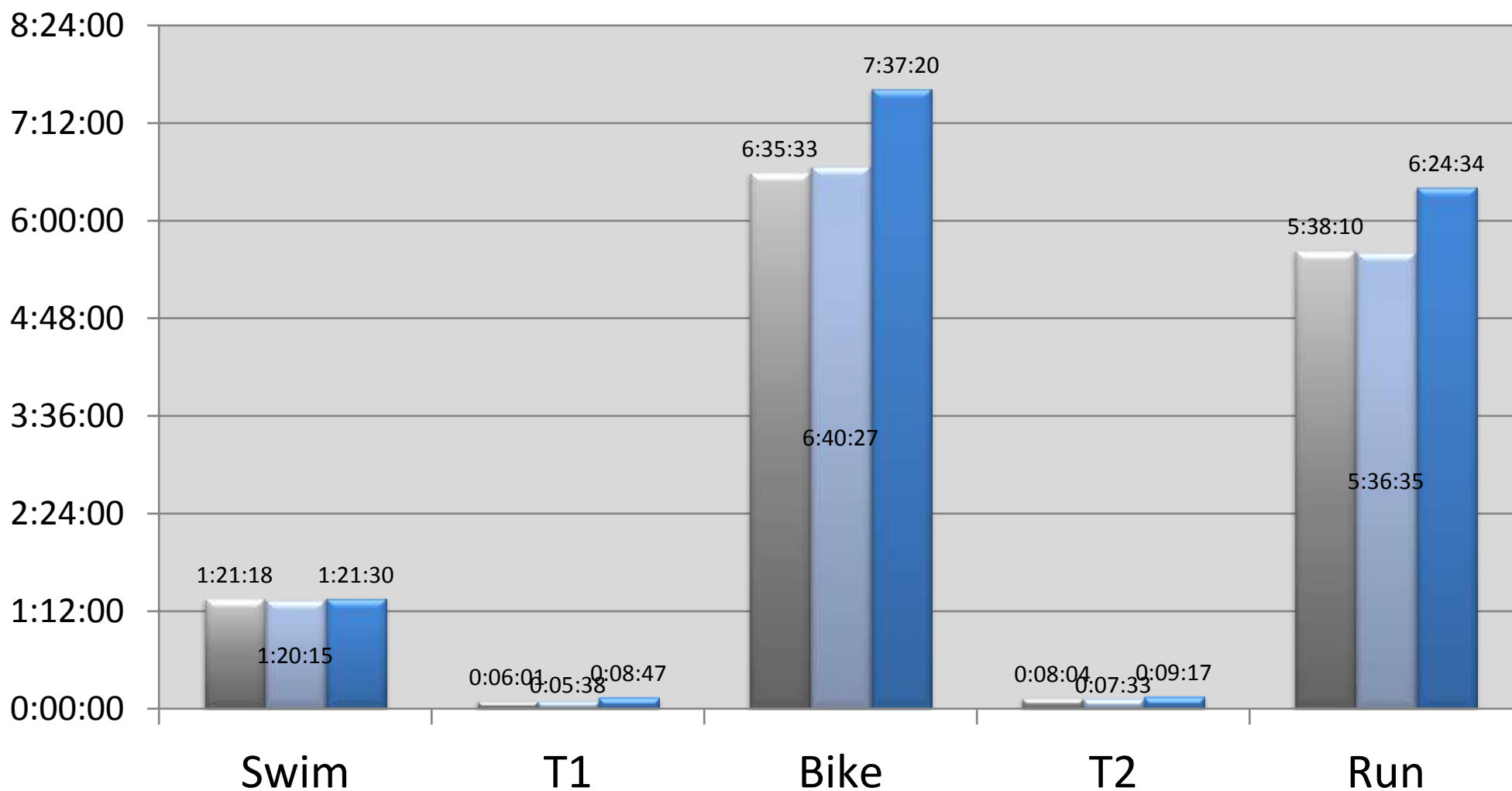
- » This chart depicts your stage independent rank among all athletes in your division, AG-M (35-39).
- » It shows your rank among the total as if each stage were its own independent race.

YOUR TIMES vs. AVERAGE TIMES CHART - Overall

Chesapeake Ultra Triathlon 2010

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■ Average Times ■ Median Times ■ Your Times



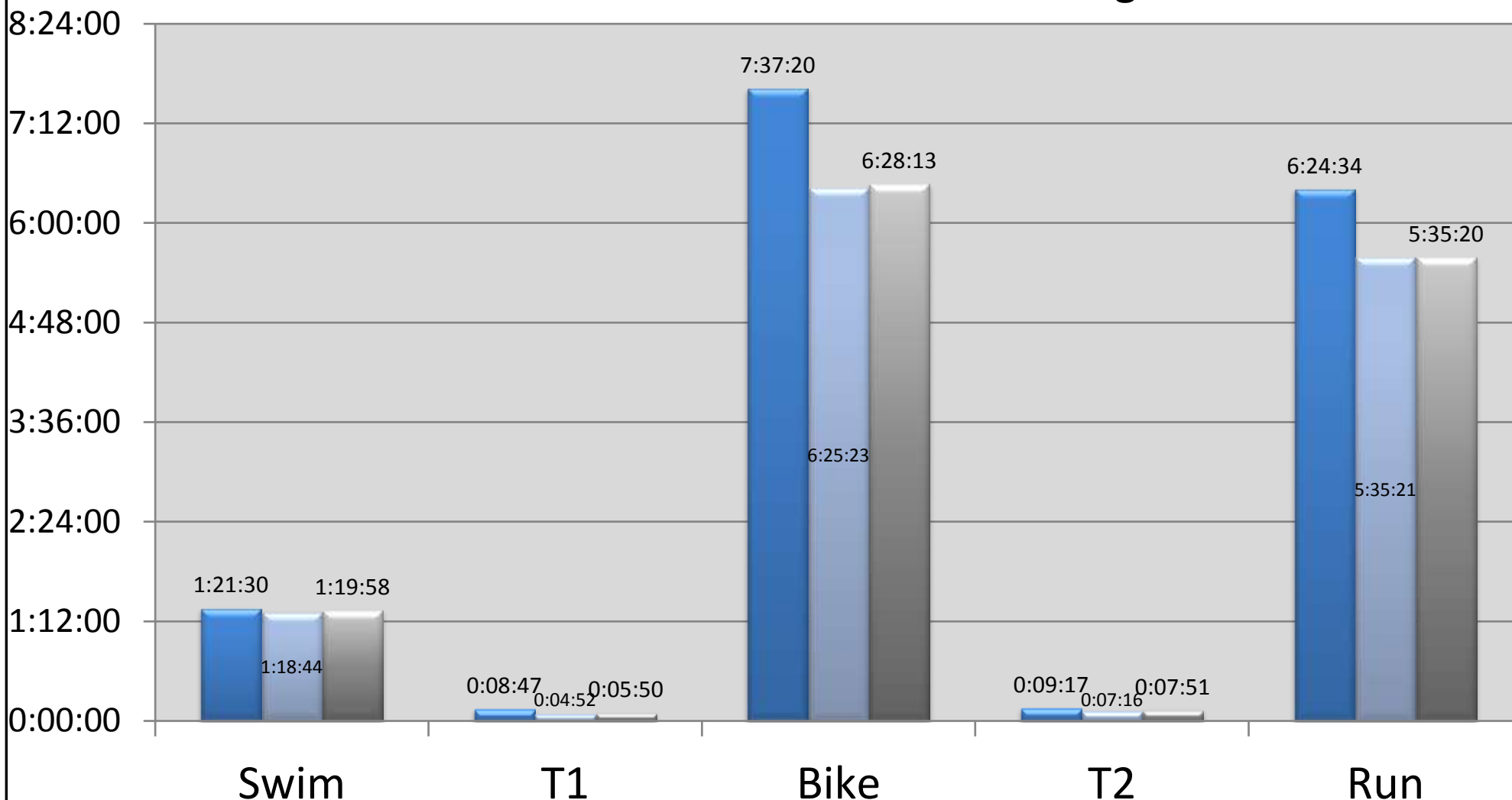
» This chart shows your time in each stage in relation to the overall field's average times.

YOUR TIMES vs. AVERAGE TIMES CHART - Gender

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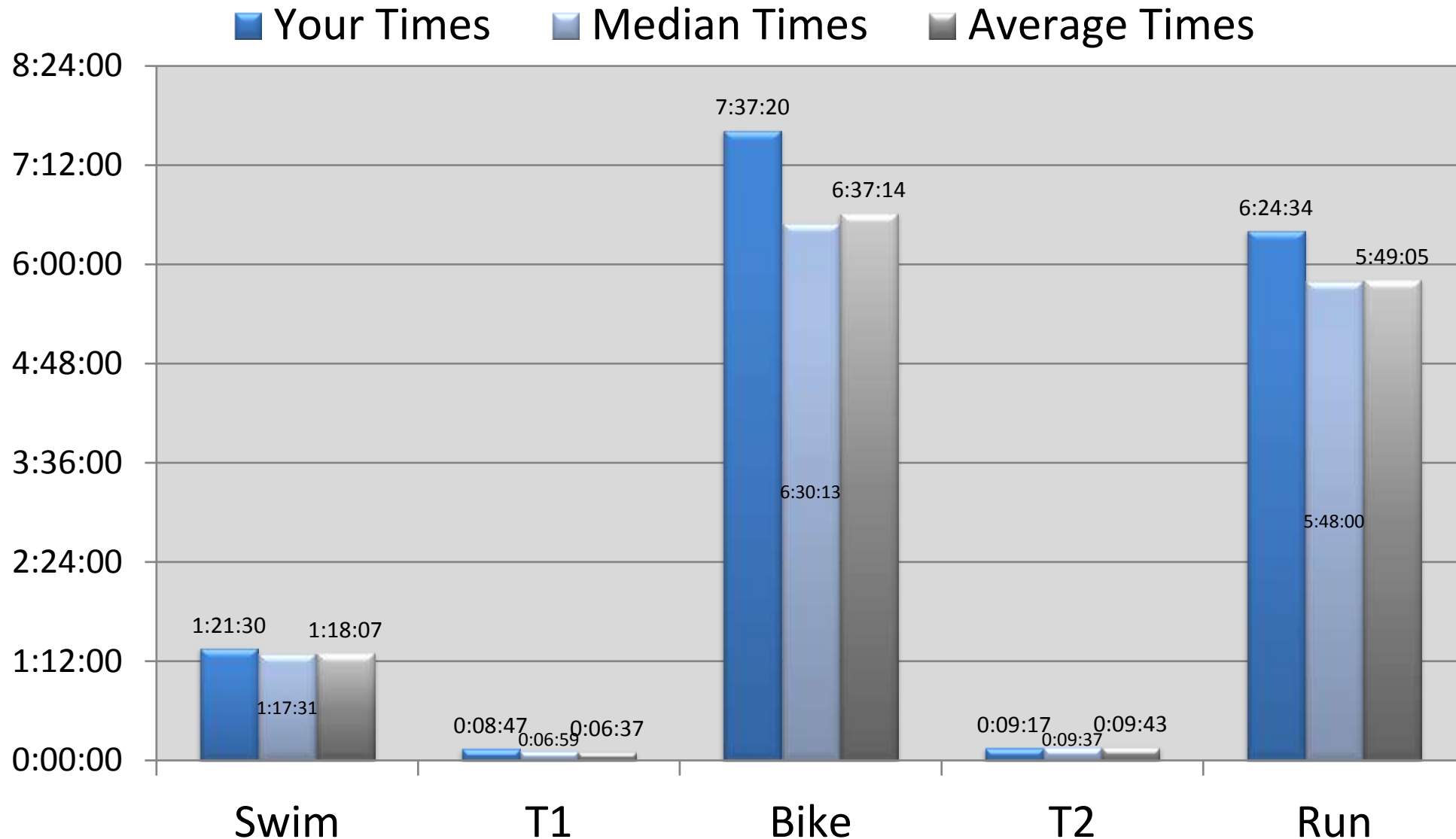
■ Your Times ■ Median Times ■ Average Times



» This chart shows your time in each stage in relation to average times among all men.

YOUR TIMES vs. AVERAGE TIMES CHART - Age Group

Chesapeake Ultra Triathlon 2010

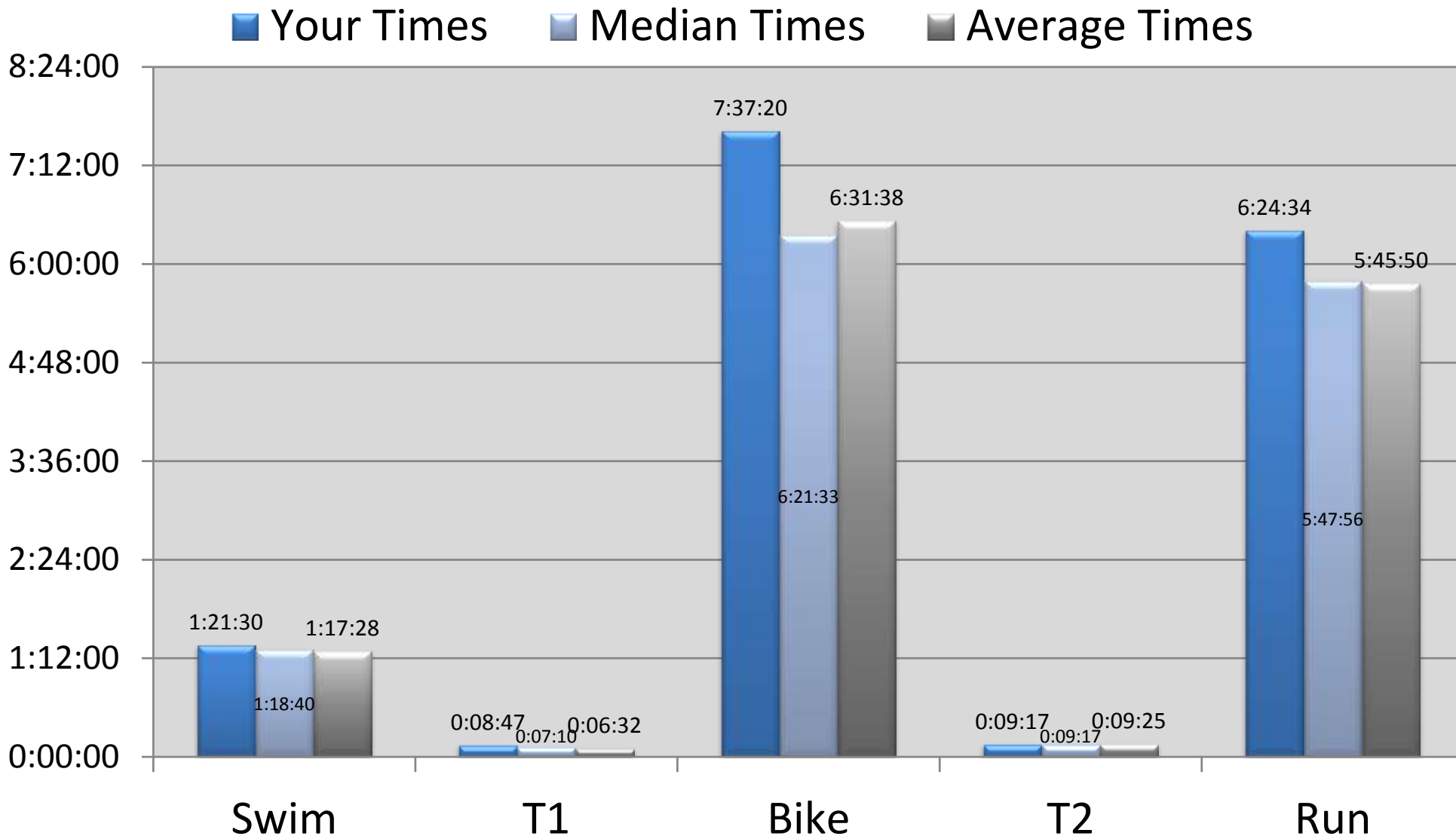


» This chart shows your time in each stage in relation to average times among all 35-39 year olds.

YOUR TIMES vs. AVERAGE TIMES CHART - Gender/Age Group

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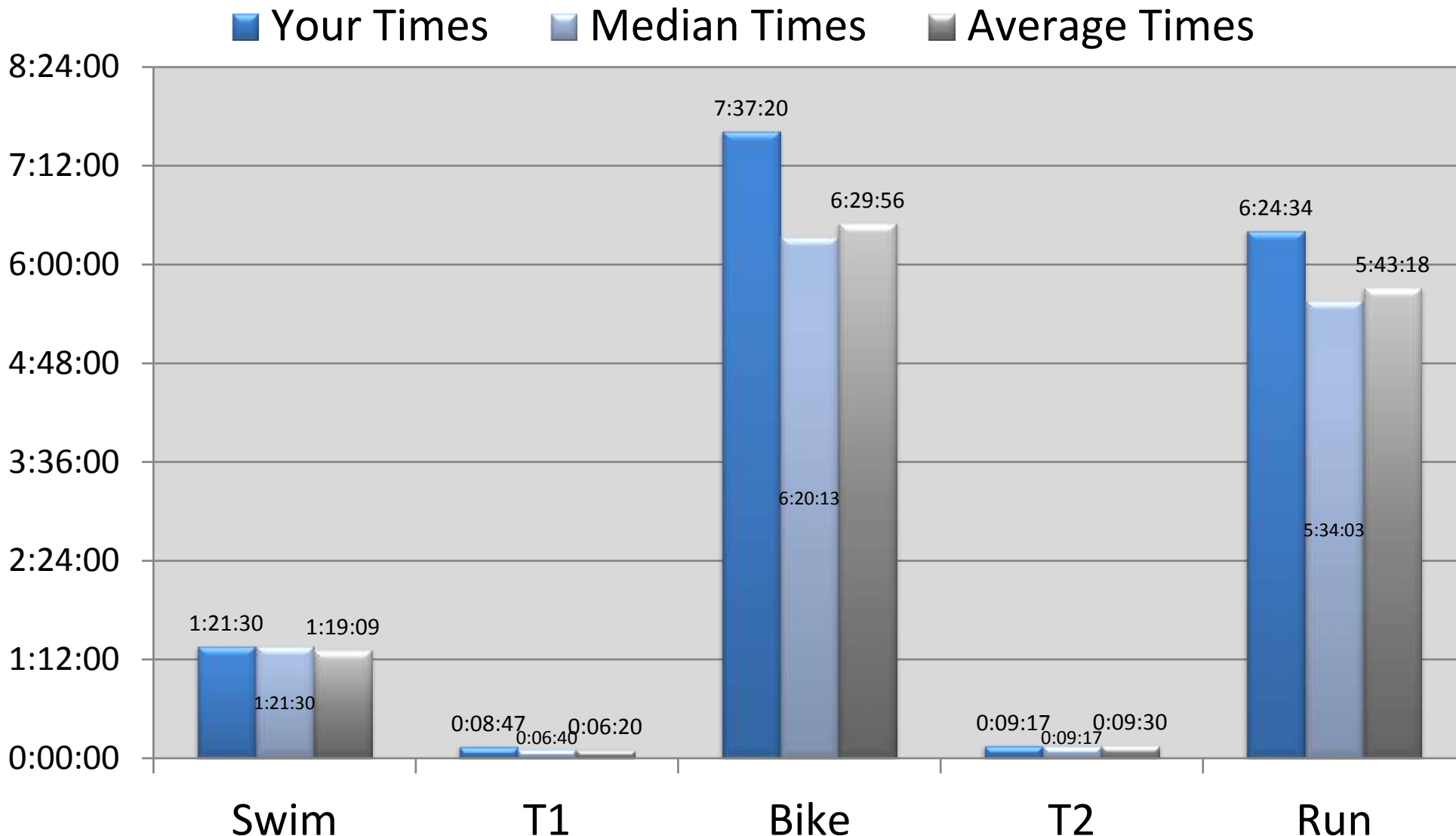


» This chart shows your time in each stage in relation to average times among all men, ages 35-39.

YOUR TIMES vs. AVERAGE TIMES CHART - DIVISION

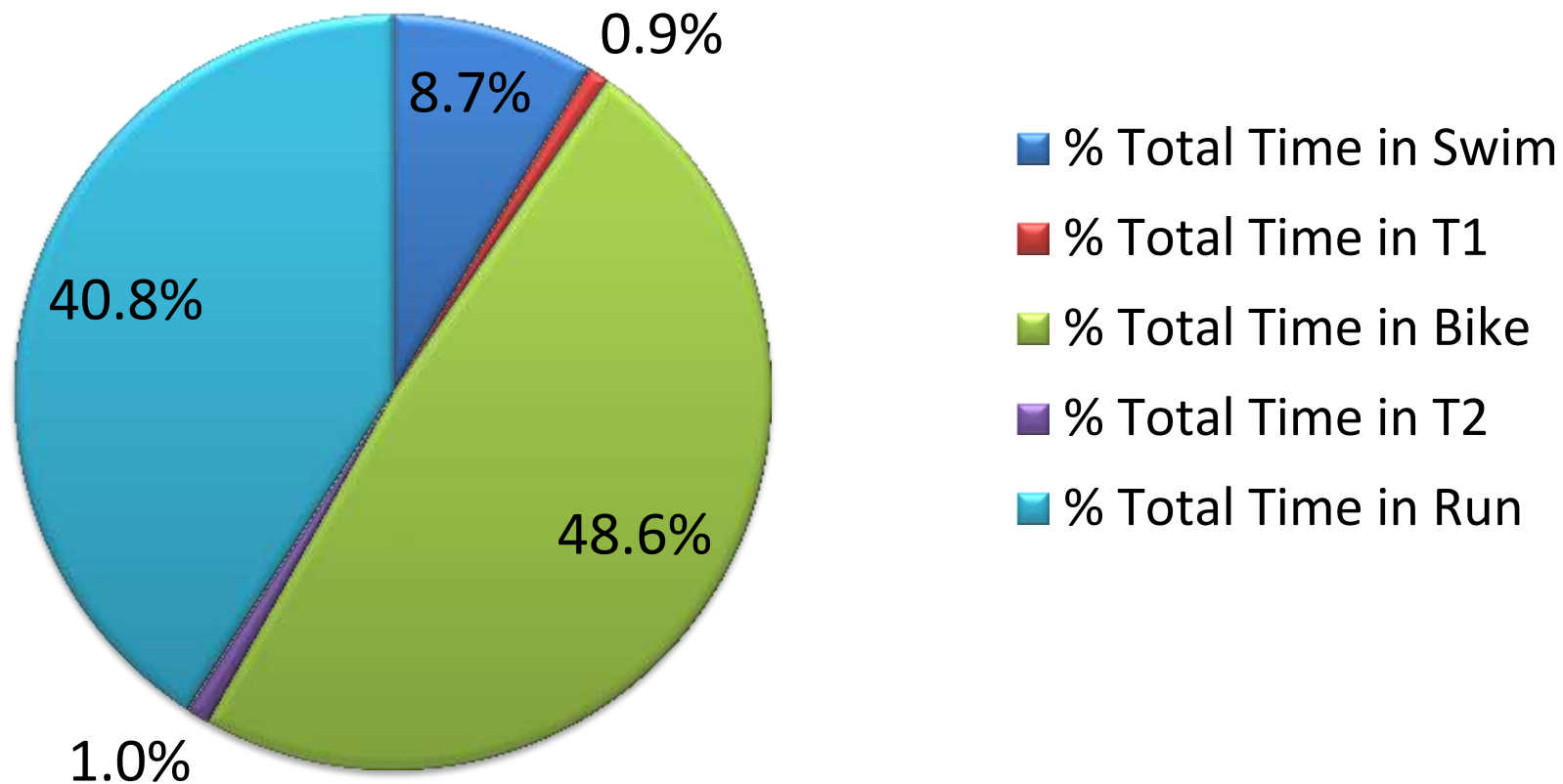
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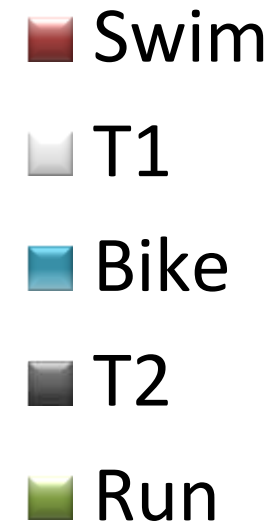
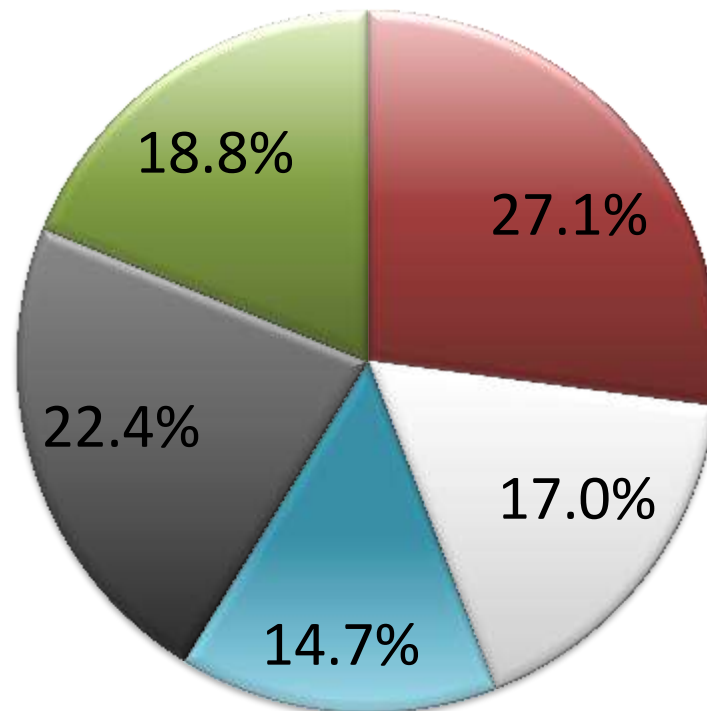
» This chart shows your time in each stage in relation to average times among all athletes in your division, AG-M (35-39).

Time Spent in Stage



» This chart displays the amount of time spent in each stage out of the total race time.

Stage Strength Chart (w/Transitions)*

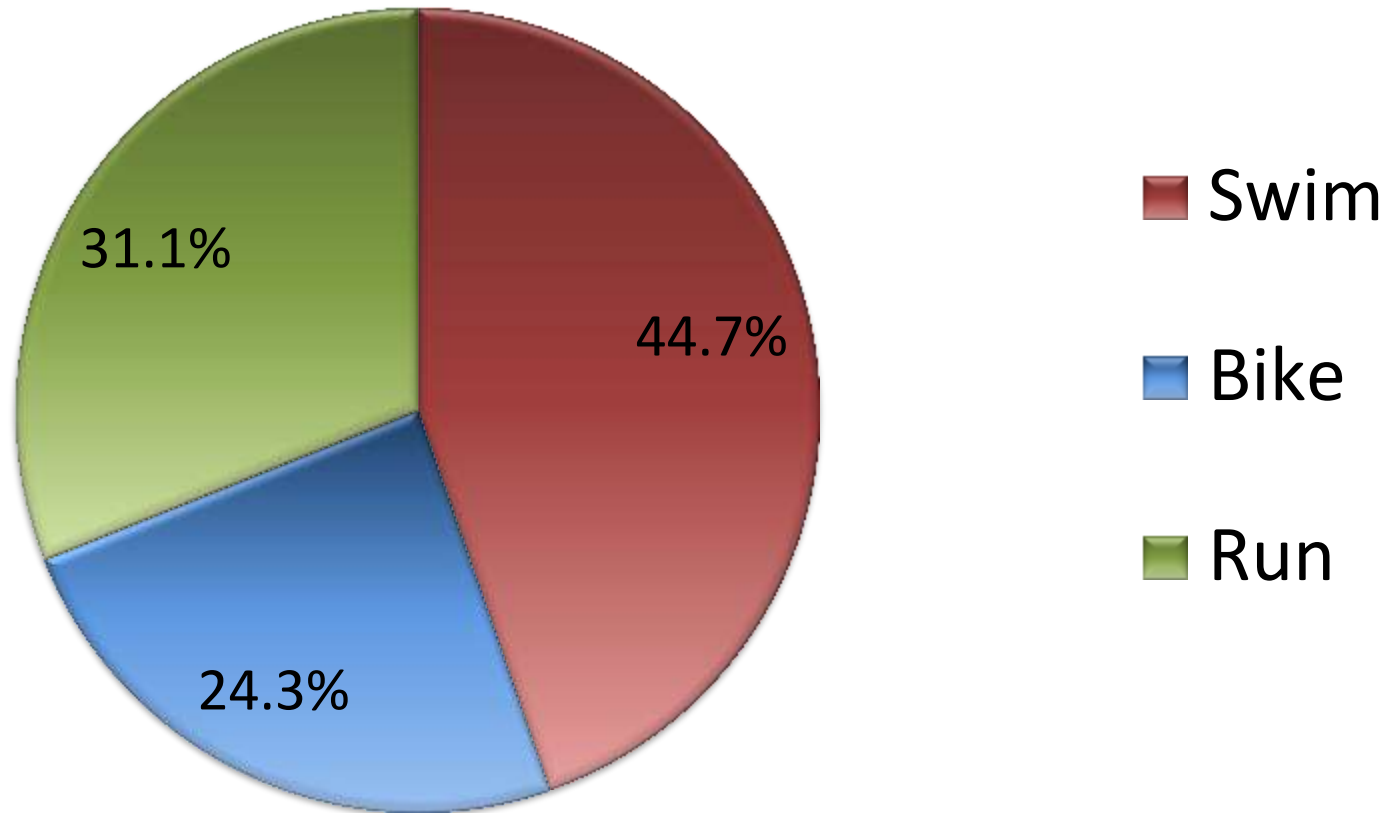


» This chart depicts your stage strength relative to the other stages.

» The larger the piece of the pie, the stronger you are in this stage.

* Chart is based off overall stage rankings.

Stage Strength Chart *



» This chart depicts your stage strength relative to the other stages.

» The larger the piece of the pie, the stronger you are in this stage.

* Chart is based off overall stage rankings.

FINAL WORDS

Chesapeake Ultra Triathlon 2010

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Dear Mr. E. Hirsch:

In closing, we'd like to congratulate you on your accomplishment. We hope that your Endorphin Report has helped you gain valuable insight into your race performance.

We are always looking to improve upon our race reports and encourage you to contact us with feedback in order to help us continue to grow and provide you with helpful race performance evaluations.

Whether you found a particular chart helpful or wanted more detailed information on a particular topic, or if you were simply wondering at what upcoming events you can receive an Endorphin Report, we'd love to hear from you.

Email us at info@endorphinreport.com

**Congratulations from all of us at
Tricolumbia & Endorphin Report!**

www.tricolumbia.org

www.endorphinreport.com

