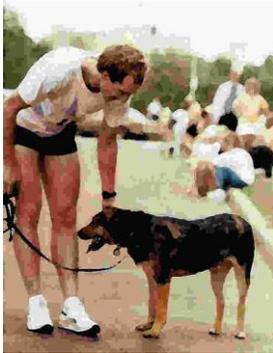


PED's - A Triathlete's Alternative from A to Z

Performance enhancements in acronyms and words. This is what I think about during a two hour ride on a beautiful Sunday morning in the Midwest: great ride, strange mind.

- **PEAs** -- These made the Jolly Green Giant tall, strong, and happy.
- **PEB's** -- performance enhancing bike workouts. Hard and fast, doing them naturally can go a long way to build up your own conditioning.
- **PEC's** -- enhancing the swim stroke cache to firm up those wondrous pecs
- **PED's** -- performance enhancing drinks -- from protein shakes to electrolyte concoctions
- **PEE's** -- a performance enhancing final pee before the cannon sounds as long as it is not from someone else in the wet suit you rented or loaned out to a friend for the race.
- **PEF's** -- performance enhancement farts, a final passing of gas to reduce internal pressure and eliminate potential in-race gut issues.
- **PEG's** -- performance enhancing gels -- maybe someday they will taste better at mile marker 18 and beyond for the final run up to the finish line.
- **PEH** -- performance enhancing hemp that leaves no drug markers for the guy that was worried about drug testing at the US age group nationals in VT.
- **PEI** --Wei, the cheaper sister of PF Chang's where you get a carbo boost from the rice & noodles and a clearing of the air passages with a high dose of garlic enhanced protein dishes.
- **PEJ's** -- performance enhancing juices: apple, cherry, POM, or other; just not that slang use of juice, drugs.
- **PEK's** -- performance enhancing Kool-Aid -- it's every marketer's dream for their followers to drink their hype generating Kool-Aid message, fall in line, and pay according to the business plan.
- **PEL** -- performance enhancing legion -- that edge earned by beating as many other people as possible over your multi-disciplined racing career.
- **PEM's** -- performance enhancing match of equipment -- On a stretch, making sure that the round pegs fit the round holes and that square pegs fit the square holes such as in a match between the bike shoe cleats and pedals which I missed aligned at a race and definitely would have benefitted from.
- **PEN's** -- performance enhancing numbness that finally motivates you to replace that performance impairing saddle.

- **PEO** -- performance enhancing outlook -- aka PMA -- positive mental attitude. People want to hang with others who want to get better and have fun achieving their goals.
- **PEP's** -- performance enhancing prescriptions. If you are going to get them, you might as well leave a legitimate audit trail and blame the doctors.
- **PEQ** -- performance enhancement quickness. A lot of speed kills, a little bit yields PR's.
- **PER's** -- performance enhancing run workouts. Hard and fast, doing them naturally can go a long way to build up your own conditioning.
- **PES's** -- performance enhancing sleep, deep and long, doing it naturally can go a long way to build up your own conditioning especially for the Type A's.
- **PET's** -- a performance enhancing dog training partner that will pull you along for a hard workout and teach you that exercise is fun whether you race or not.



- **PEU** -- performance enhancing uber workouts. Where are all the Germans now?
- **PEV's** -- performance enhancing venues -- who doesn't want a glassy swim, a newly black-topped road closed to traffic, and a run along a fan and palm tree lined course.
- **PEWs** -- a place to rest your rear for church goers or a performance enhancing workout finding your own religion on the roads during Sunday morning.
- **PEX's** -- performance enhancing exoneration, the holy-grail that LA may yet seek.
- **PEY's** -- performance enhancing youth for so much of it is wasted by the time you aged up beyond its grasp.
- **PEZ** -- A buzz inducing sugar high from the funniest collector candy around. Isn't it time to petition for a three pack with a swimmer's, biker's, and runner's pop-up top?