



Sunday, September 22<sup>nd</sup>



For the YMCA Livestrong Program

**TRI Purposefully!**



The time to tri is now, and the time to tri purposefully is now! Join us as we continue to support the Livestrong Program at the North Knox YMCA for the North Knox Triathlon. You've been training and/or racing all season to meet your goals and become a better triathlete and stronger person. The folks that take part in the Livestrong program are striving for the same things, to become stronger and regain some things lost during their battle with cancer. Please come and support us to TRI for a purpose!



**Sign up to TRI One More Time this year!**



## Welcome to our First Generation of PBR Ambassadors!

### This is where the cool kids hang out!

But wait! There's still time to jump on the cool kids train! If you order the custom PBR It's All About You Kit you get some pretty cool perks:

- PBR Race discounts for you and discount codes for your friends for 2020!
- Awesome PBR Ambassador swag
- Eddie's Health Shop discount and a cool Eddie's Shirt
- Cyclebar discount rate
- Discounts to Quest Health and Performance
- And Much Much More is being negotiated!

[BECOME INSTANTLY COOLER HERE](#)

Once you order, please send us an email at [personalbesttracing@gmail.com](mailto:personalbesttracing@gmail.com) and we will get your coolness officiated! Stay tuned as we highlight our Gen One's on our webpage and next newsletter, Jessica, Trey, and Kelly!



Next up for the KPL Zen Evo Kids Series.....

### September 28th 8am

All good things do not have to end, so PBR is gearing up for our final 2019 KPL Zen Evo Series Race. This is not the end though, we are working on our 2020 calendar and

have some big things in store for our kids series!

For our race #4 we are heading back to Oak Ridge National Fitness Center as they open their pool and club for us.

Sign up today!

### Click here to Instantly become the BEST PARENT EVER

September 7th 9am - Zombie's Like Brains 8k - Knoxville, TN

September 7th 6pm - Clinch River Run 2 Remember - Norris, TN

September 22nd - North Knox Triathlon for Livestrong - Halls, TN YMCA

September 28th - Atomic Kids Fall Triathlon - Oak Ridge, TN NFC

### GO TO OUR WEBPAGE FOR THE REST OF THE STORY....

The Tomahawk Sprint has come and gone and much fun was had by all! If you haven't seen the results, go to our results link [HERE](#) to see them!

We also sent out a short and sweet survey. The answers so far say that we had a successful event at our Labor Day weekend festivities. If you got something to say about it, use your link power and click SURVEY to let your wise words be heard!



Congrats to Will Gates and Jenn Gerard for taking home the top scoops and to David Hinkle and Elizabeth Corbett for their top Masters spots! But everyone did an outstanding job. We also had a bowl full of fun at the Tic Toc Ice Cream parlor. They were so impressed that people want to eat ice cream at 10am that they decided to tell us about their mobile ice cream truck! Stay tuned for more on that....

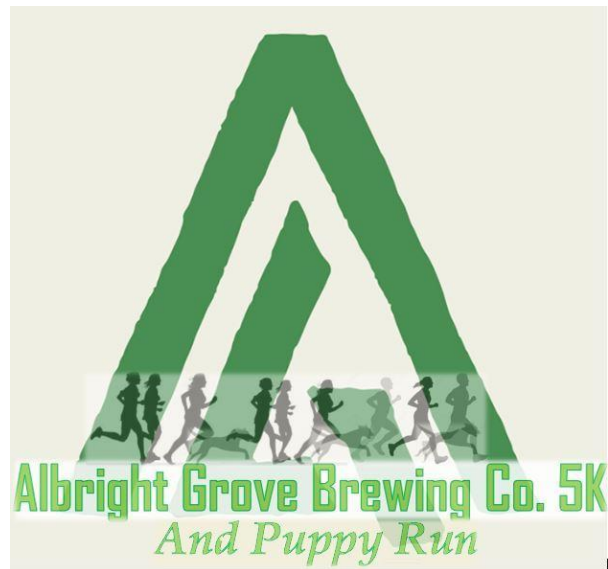


## Upcoming PBR Assisted Events

*Saturday, September 7th*



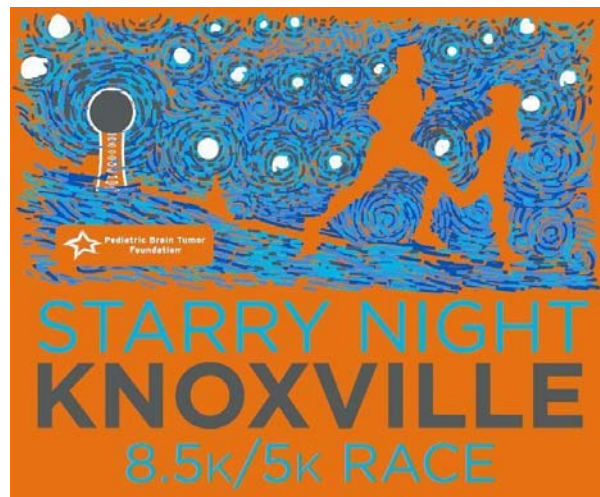
**Saturday Evening, September 28th**



**Saturday, October 5th**



**Sunday, November 10th**



**And Coming in December.....12/21/19.....**





And now a word from our sponsors.....





Thanks for reading and supporting our races!

Love ya, Mean it!  
The PBR Staff

**Muna, Jamie, and Jennifer**



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