

## **The Coaches' Corner**

No article this month by our coaches, hopefully better next month!

Meanwhile: have you checked out the on-line workouts that are being provided to USMS members? You can find them here: <http://forums.usms.org/forumdisplay.php?forumid=95>

One thing you might not be aware of: one of our very own NC coaches, Danielle Newton, is posting workouts for expecting mothers. Way to go Danielle!