

TRI - 101

What is it & what can it do for me?



SWIM! BIKE! RUN!

TRI-101 is a 14 week coached triathlon training program geared for those just getting their feet wet or for the intermediate triathlete. The camaraderie of training as a group offers positive guidance and fellowship to build your physical skills in all aspects of the multisport, plus there are great social perks and other member benefits!

Cost: \$119 for Y members/\$169 for non-Y members

While training, a few of your benefits will include:

- Weekly Group Workout Schedules
- Event Specific Coaching
- Fitness Analysis
- Bike Fit
- Dealer Discounts
- Training with experienced (all levels) triathletes

Ultimately, **TRI-101** prepares you for the 2010, 5th Annual "**POWERADE Tri The Rock**", the first of the Upper Palmetto YMCA's local triathlons in the **InsideOut Sports** Upstate Y Triathlon Series.

***The kick-off TRI-101/201 meeting is
Wednesday, January 20, 2010, at 7 p.m.
at the Charlotte Avenue YMCA.***

For details or to sign up...

- Come to the January 20 kick-off meeting plus visit the website.
- If you cannot attend, contact Jim Martin directly at 704.517.9585 or trijimmartin@yahoo.com
- Fill out the registration sheet, question sheet, YMCA waiver form, plus supply payment. All club members, new or returning must complete all the data. Checks made out to "YMCA" with Tri-club in memo section.
- Bring with you, drop off, or mail to:

Rock Hill YMCA Aquatics Center
ATTN: TRI-CLUB/Jim Martin
325 Rawlinson Road
Rock Hill, SC 29732
803.817.7665

*Be sure to visit our website at
www.therocktriclub.com
then tab Tri-101!*

