

# TRI - 101 & 201

## 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:** 101 Program: \$120 for Y members and \$350 for non-Y members  
201 Program: \$170 for Y members and \$400 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 2011, 6th Annual "**POWERADE Tri The Rock**", the second of the Upper Palmetto YMCA's local triathlons in the Southeast Y Tri and Duathlon Series.

***The kick-off TRI-101/201 meeting is  
Wednesday, January 26, 2011 at 7 p.m.  
at the Rock Hill YMCA Aquatic Center***

For details or to sign up...

- Come to the January 26 kick-off meeting plus visit the website.
- If you cannot attend, contact Jim Martin directly at 704.517.9585 or [trijimmartin@yahoo.com](mailto: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](http://www.therocktriclub.com)  
then tab Tri-101!

