



TRIathlon CLUB 2010

Embarcadero **YMCA**



WHAT YOU GET:

- ⊙ Monthly individual training consultations
- ⊙ Individualized monthly schedules
- ⊙ 20+ coached group workouts per week
- ⊙ Wildflower, Napa, and Sentinel training weekends
- ⊙ Race course previews
- ⊙ All lectures and Clinics
- ⊙ Access to the triclub yahoo group
- ⊙ Discounts from local sponsors

Find out about the program at the Informational Session:

Monday,
at 6:30PM in the Boardroom at the Embarcadero Y

Once you are registered for the program come to the Kick Off Meeting:

Monday,
at 6:30PM in the Boardroom at the Embarcadero Y



We welcome people of **all** levels!

For more information, contact Shannon Boughn at **415.615.1313**