

TRI TRAINING

Get ready for Triathlon Season by joining one or both of these fun group trainings.

Route maps will be provided!

JUNE 26th , 2010

.5 Mile Swim

@ St. John's

16-18mi Bike Ride

Lake Country Route

MEET at St. John's Pool

JULY 3rd , 2010

15 Mile Bike

Pewaukee Tri Route

2 Mile Run

Pewaukee Tri Route

MEET outside Piano Blu

TIME: 7:30 AM - 9:30 AM

Members: FREE

non-Members: \$15

SIGN UP AT THE FRONT DESK



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RUN

BIKE

SWIM

questions? Contact Vicki Carstenn at: carstenn@sbcglobal.net