

WunderWoman

SPRINT DISTANCE TRIATHLON CLINIC



Clinic Date: Wednesday, April 7th - 6:00pm - 9:00pm

Location: Parkside Physical Therapy—201 W. North River Drive—Suite 510

Cost: \$15.00 per person. Seating is limited so reserve your spot today.

This is a beginning Triathlon Clinic designed for first time or beginning women. Emphasis will be on equipment needs, nutrition, transitions and various aspects of training for sprint distance triathlons.

Presented by Parkside Physical Therapy and Emde Sports

REGISTRATION INFORMATION:

Name: _____

Address: _____

Email: _____

Phone: _____

Please send form and make checks payable to:

EMDE Sports
Attn: Parkside Physical Therapy Tri Clinic
PO BOX 9688
Spokane, WA 99209-9688

For more information contact:
Marla Emde
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509-326-6983