

TRIATHLON 101

SPRINT DISTANCE TRIATHLON CLINIC



Clinic Date: Tuesday, April 13th - 6:00 pm - 9:00 pm

Location: Rockwood Main Clinic—400 E. 5th Avenue—Spokane, WA (second floor)

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 men and women. Emphasis will be on equipment needs, nutrition, transitions and various aspects of training for sprint distance triathlons.

Presented by Rockwood Clinic and Emde Sports

REGISTRATION INFORMATION:

Name: _____

Address: _____

Email: _____

Phone: _____

Please send form and make checks payable to:

EMDE Sports
Attn: Rockwood Tri Clinic
PO BOX 9688
Spokane, WA 99209-9688

For more information contact:
Marla Emde
marla@emdesports.com
509-326-6983