2010
Valley Girl & WunderWoman Triathlon Clinic Registration

Clinic Date: Thursday, March 18th – 6:00 pm – 9:00 pm

This workshop is limited to 60 and sells out quickly. Please reserve your spot today!

Please include the following contact information:
Name:_____
Address:_____
Email:_____
Phone:_____

Cost - $15.00 per person and pre-registration is required. Please make your check out to "EMDE Sports"

Beginning Triathlon Workshop
Designed for first timers and beginners with emphasis on equipment needs, nutrition, transitions and various aspects of training for sprint distance triathlons.

Thursday, March 18th – 6:00 pm – 9:00 pm
REI – Spokane
1125 N Monroe St
Spokane, WA 99201

Please print this registration form and sent to the following address:
EMDE Sports
attn.: REI Tri Clinic
PO BOX 9688
Spokane, WA 99209-9688