



Triathlon 101



Swim-Bike-Run

Come and learn from an experienced athlete how to train and participate in the TriZou Triathlon!

Dates: March 4 - April 29

Time: 6:30-7:30 PM (Thursday)

Fee: \$35 (\$10 member discount)

Instructor: Dennis Noel



TriZou Triathlon

(Date: May 2nd)

Swim: 300 yard

Bike: 18 miles

Run: 3 miles

- You will receive a 10-week training plan to have you ready for your triathlon.
- Learn proper running, swimming & cycling technique.
- Both lecture AND training session!

For more information please call the Centre at 341-2386