



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Indoor Fun Triathlon & Clinics!

**READY FOR SOME FUN? SWIM** for 20 minutes! **BIKE** indoors for 20 minutes! **RUN** on our indoor track for 20 minutes! If this is your 1<sup>st</sup> tri or the beginning of your Triathlon season ... **EVERYONE is WELCOME!**

The 8<sup>th</sup> Annual Indoor Fun Tri is on **Saturday, March 3<sup>rd</sup> from 8am-12pm.** Pick and chose the clinics you would like to attend and create your own triathlon training OR join us for all 3 sessions plus the race fee! **Race entry fee benefits the Community Scholarship Fund.**

## **TRI 101:**

**Saturday January 28<sup>th</sup>**

**Meeker Room**

**9am – 11am**

- What is a Triathlon?
- How do I train for a Triathlon?
- What is the difference between 'working out' and 'training'?

## **SWIM CLINIC:**

**Saturday February 11<sup>th</sup>**

**Y Indoor Pool**

**9am – 12pm**

- What are swim training techniques?
- How can I better my stroke?
- Where do I fit in? Beginner? Intermediate? Advanced?

## **BIKE CLINIC:**

**Saturday February 25<sup>th</sup>**

**Longs Peak Spin Room**

**9am – 11am**

- How do I know my bike fits me?
- How do I train for a bike ride?
- What kind of equipment do I need?

## **Y Member:**

**Race ONLY \$45**

**Training Clinics per session \$10**

**3 Training Clinics and Race Fee COMBO \$70 (save \$5!)**

## **Non-Member:**

**Race ONLY \$65**

**Training Clinics per session \$15**

**3 Training Clinics and Race Fee COMBO \$105 (save\$5!)**