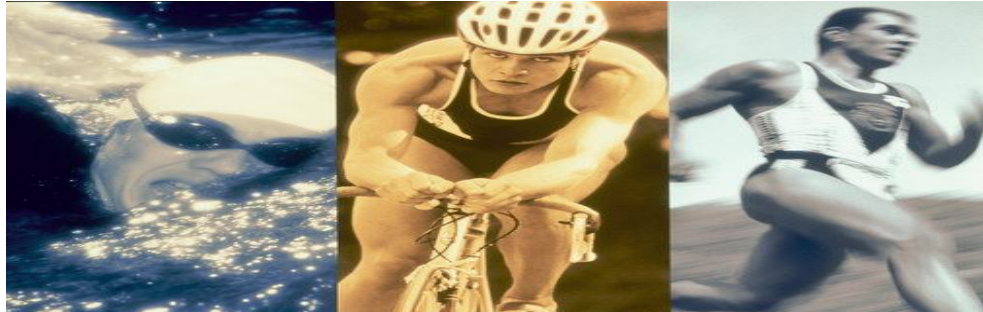




Train for your Triathlon!



Coach Matt will get you in your best race shape yet!

SWIM BIKE RUN

3-Week Training Session:

July 17th, 31st and August 7th

Saturdays 10:00am-11:30am

Price: \$150 members/ \$165 non-members

Training Fee Includes Race Day Registration

Drop-In Rate: \$55 members/ \$60 non-members

Get Ready, It's Coming...August 15th

ADULT TRIATHLON

At

The Club at Oak Branch

Help Support Team Erica & Team In Training!



Contact: Children's Registration Desk (336)851-1890 ext 1102

or kidsprograms@pyramids.org

