

Free Triathlon Clinic

Tuesday, June 23, 2009

6 p.m.

Fleet Feet Sports, 514 Everhart Road

Be ready for the

STARR TREK Triathlon Saturday, August 8

Kids 7 – 10 years old *100 meter swim, 5k bike, 2k run

Adults and kids 11 and over *200 meter swim, 10k bike, 2k run

*Age group is determined by the athlete's age on December 31, 2009

Who should attend?

Anyone who wants to do their first triathlon or has done a couple.

What will be covered?

Sport overview, transitions and equipment.

No pre-registration needed.

Door Prizes include 1 Starr Trek entry.

Questions: Dawn English equilibriumcoaching@yahoo.com, 361.658.9331 or to learn more about the STARR TREK Triathlon go to www.starrsctx.com/starrtrek