

**See Jane Tri**  
**Women Only Beginner Triathlon Training Clinic**  
**May 17 - June 26, 2010**

Are you interested in participating in a triathlon- but don't know how or where to begin?  
Sign up for a 6 week "learn to" clinic for Women only!  
(Space limited to first 48 registrants- space is reserved for new participants only!)  
No prior bike/run experience necessary-you must be able to complete 1 length of a pool.  
This clinic will completely prepare you for "See Jane Tri" triathlon-June 27, 2010.

**With your paid registration you will receive:**

- ~ Bi weekly fun group workouts led by a certified, experienced coach in a relaxed atmosphere. Learn the basics of triathlon while increasing your endurance and overall fitness.
- ~ Day by day comprehensive 6 week training plan.
- ~ Informational seminars on everything from triathlon rules, transition tips, core strengthening, stretching, running mechanics, bike maintenance and more.
- ~ See Jane Tri apparel and tri goodies!

**Instructor:**

**Laura Englund**

**Tri4life personal and multisport training**  
**NCCP certified triathlon coach**

**Group workouts: TO BE CONFIRMED**

**Tuesday: Swim**

Group 1: 7:45-8:30pm

Group 2: 8:30-9:15pm

**Thursday: Run/Bike**

6-7pm

**Informational seminars TBA**

**Necessary equipment:**

Bathing suit, goggles, any kind of mountain or road bike, helmet, runners

**Cost:**

\$125 per person

(does not include entry into See Jane Tri Race)

**Any questions or additional information please email Laura @:**

[tri4lifecoach@gmail.com](mailto:tri4lifecoach@gmail.com)

**Registration forms available soon at:**

[www.reginamultisportclub.com](http://www.reginamultisportclub.com)

**Registration Opens March 1<sup>st</sup>- Closes March 31st, 2010.**