



GET READY TO RACE

ASK QUESTIONS - GAIN FOCUS - BE CONFIDENT - HAVE FUN

WEST METRO - Mon. Aug. 8
CycleHealth HQ
6545 Flying Cloud Dr
Eden Prairie

EAST METRO - Mon. Aug. 15
Central Pediatrics
9680 Tamarack Rd
Woodbury

TIME - 6:00 - 7:30 PM
Come and Go

LEARN FROM THE PROS

2 Guided Training Nights Leading Up to the Race

- ▶ 1-on-1 swim coaching from Foss Swim School teachers**
- ▶ Bikes checked by mechanics from Erik's Bike Shop
- ▶ Test your fitness challenges by TCO
- ▶ T-zone set-up coaching and practice
- ▶ Get motivated by World Champion Triathlete Tony Schiller
- ▶ Snacks and prize drawings

**** In pool coaching (West Metro); Dry-land coaching (East Metro)**

Attend One or Both Sessions - FREE for Registered Racers

HAVE A BIKE YOU'RE NO LONGER USING?
Bring it to donate to a kid in need. Kid and adult sizes needed.