

Who we are!

After a successful first year, we are ready to introduce our new and improved Pups Program!



Interested in Triathlon?

Not sure where to start?

Mission Statement:

To engage participants in pursuing lifelong fitness activities through a 12 week beginner triathlon training program, culminating with the completion of the Tri-Shark sprint distance triathlon.

Join the Fun!

Join the 2010 Pups!

If you have ever thought about doing a triathlon, but not sure where to start, the PUPS program is for you!



Questions????

Contact:

Rebecca Franks

Rfranks9@hotmail.com

309-287-0348

Informational Meeting:

Thursday Feb. 4, 2010

Normal West High School

6 pm

2010 Tri Shark Pups Training Program.

12 WEEK TRAINING PROGRAM FOR BEGINNER TRIATHLETES

Sponsored by: Tri Shark Triathlon Club

Benefits

***TOTAL COST: \$125.00**

INCLUDES:

\$60.00 TRISHARK ENTRY

\$65.00 PUPS PROGRAM

**CURRENT TRI SHARK MEMBERS RECEIVE A \$20.00 DISCOUNT)*

REGISTER ONLINE:

[HTTP://WWW.SIGNMEUP.COM/67867](http://www.signmeup.com/67867)

***REGISTRATION IS OPEN NOW!**

Your \$125.00 Fee Includes:

- ✓ **Entry to Tri-Shark Sprint Triathlon**
 - June 5, 2010
 - Must register separately
- ✓ **Weekly Informational Meetings**
 - Thursdays 6pm @ Normal West
 - ❖ *Starting March 18, 2010*
- ✓ **12 Week Training Program**
 - For 3 ability levels
- ✓ **1 year Membership to Tri-Shark Club**
- ✓ **Access to Group workouts**
 - Open Water Swims at Miller Park (Wednesdays)
 - Track Workouts (Tuesdays)
 - Group Runs
 - Group Trainer rides @ Bloomington Cycle & Fitness (Tuesdays @ 6pm)
 - 6 Swim Clinics @ Normal West Pool (Sundays-tba)
- ✓ **Expert Guest Speakers in all areas of Triathlon**

From Pups Alumni:

- “Great Program! Very helpful!”
- “Very organized.”
- “Mentors were great!”
- “Loved the group workouts.”
- “Thank you for making my first triathlon memorable!”
- “Guest speakers were very knowledgeable!”

