

"Give It A Tri"

Women's Triathlon Training

Presented by

USATriathlon Certified Coach Jo Ezinga

A **free** talk on Doing Your First Triathlon

**What is a Sprint Triathlon?
Do I need special equipment?
How much training is required?
Can I really do it?
ABSOLUTELY**

Thursday, March 4, 2010, 7:00 - 8:30 PM



Sponsored by the Dalton CRA

www.ezingafitness.com