

**Triathlon Training OR  
Camping Hiking Havasupai Falls  
2010 Fall Classes**

Glendale Community College  
Beginner to Elite



All students registered in one of the Fall 2010 Triathlon classes or camping classes, will receive a reduced entry into any of the Tri-Family Racing Youth & Adult sprint triathlons in Arizona. The class offers inter-class competition, field trips, and sponsor discounts exposure to outside events and ... swim, bike, and run workouts guided by experts. The class culminates with competition in a Sprint Triathlon. The Triathlon class is now the longest running triathlon training classes in Arizona, now in its fifteenth year.

Class requirements: Road or Mt. Bike, Bicycle Helmet, Swim Goggles Running Shoes and an open mind. Additional information on the triathlon classes & triathlons is on website: [trifamilyracing.com](http://trifamilyracing.com) OR 623-547-5349 (leave message) or better yet contact Mark @ [trifamilyracing@msn.com](mailto:trifamilyracing@msn.com). To register by phone please call: Glendale Community College at 623-845-3333

Camping hiking Havasupai Falls is a must class for anyone who appreciates hiking, exploring, swimming, and camping next to two 200+ft. Waterfalls. The class will also have one short practice hike beforehand. The one camping hiking classes fill very quickly; the class has limited room because of reservations. Want to go back in time; this is the last place in the United States that has a mule train bring out the mail. Eat authentic Indian fry bread; sample some of the best Native American food you will ever eat.

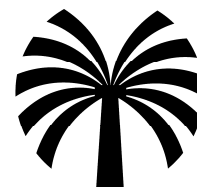
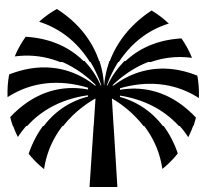
**PED 101TT – Triathlon Training classes**

Section 18036 Saturdays 8:00am – 9:45am, starts 8/24/10  
Section 18034 Tuesdays 5:00pm – 6:45pm, starts 8/21/10

**PED 101CP – Camping Havasupai Falls**

Section 69960 – first class meeting on 9/1/2010 at 6:30pm (Actual camp dates 9/23, 9/24, 9/25, 9/26) Leaving 9/23 Thursday at 5pm, returning Sunday 9/28 at 6pm  
Havasupai Falls Camping trip and Triathlon classes are all taught by Mark Konietzka, for information e-mail [trifamilyracing@msn.com](mailto:trifamilyracing@msn.com)

**To register by phone call: Glendale Community College at 623-845-3333**



Glendale Community College  
6000 W. Olive Avenue Glendale, AZ 85302