

Triathlon Training
Glendale Community College
Beginner to Elite



2012 Spring Triathlon Training Glendale Community College
Beginner to Elite

The class offers inter-class competition, field trips, sponsor discounts, exposure to outside events and ... swim, bike, and run workouts guided by experts. The class culminates with competition in a Sprint Triathlon. All students registered in one of the Spring 2011 Triathlon classes will receive a reduced entry into any of the Tri-Family Racing Youth & Adult sprint triathlons in Arizona.

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 or better yet contact Mark @ trifamilyracing@msn.com To register by phone call: Glendale Community College at 623-845-3333

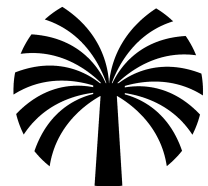
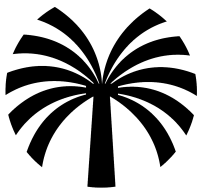
PED 101TT – Triathlon classes

Section 21671 Tuesdays 5:30 pm – 6:45 pm, starts 1/17/2012

Section 16458 Saturdays 8:00 am – 9:45am, starts 1/21/2012

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

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