

Striders' Triathlon Training Sessions

Program: 10 week training session for either Millennium Triathlon or Reeds Lake Triathlon or both. All sessions will be led by Striders' USAT certified coaches. Open to beginners and all others looking to improve their triathlon skills. Meet on Tuesday and Thursday at 6:00 p.m. at Millennium Park. A full training schedule will be provided.

Starts: June 1 for Millennium Triathlon, July 6 for Reeds Lake Triathlon

Cost: \$150 for 1 session, \$225 for both (cost includes training shirt)

Swimming: Both pool and open water will be utilized.

More Information: Contact Deb Semeyn deb@stridersrun.com 616 261-9706

Payment: Send completed entry form with your check or credit card info payable to:

Striders
4045 Chicago Dr.
Grandville, MI 49418

Your Name: _____ Phone: _____

Street Address: _____ Email: _____

City: _____ State: _____ Zip: _____

Emergency Contact: _____ Phone _____

Fee: \$150.00 for either session, \$225.00 for both

Which Session: Millennium _____ Reeds Lake _____ Both _____

Desired Shirt Size (Unisex) XS _____ S _____ M _____ L _____ XL _____

I can comfortably swim _____ yards without stopping.

My bike is a: road bike _____ tri bike _____ mountain bike _____

I can comfortably run _____ mile/miles without stopping. (use ¼, ½ if necessary)

Credit Card (if not sending check): _____
(MC Visa Discover Only)

Expiration Date: ____/____/____ 3 Digit Security Code: _____

Signature of card holder: _____

Waiver: I fully understand the risks involved and state that I am physically fit to participate in this triathlon training program. I for myself and my heirs release Striders, the coaches, and all other participating organizations for damages or injuries I incur during this organized training program. I also grant Striders permission to utilize any photographs or video recordings of my participation in this training program. And one more thing, I promise to have fun!

Signature: _____ Date: _____