



# SWIM. BIKE. RUN.

Tri Club  
AUBURN VALLEY YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WHAT IS TRI CLUB?

An opportunity to workout & train with others.  
Tri club is for you if...

- You want to exercise with other people
- You like to swim, bike or run
- You are thinking about doing a triathlon
- You have already competed in many triathlons
- All fitness levels are welcome!

## TRI CLUB REGISTRATION

Member Price: \$30

Non-Member Price: \$100 + \$50 program member fee  
(some restrictions apply)

Check out our Website for schedules & special events  
<http://sports.groups.yahoo.com/group/AuburnY-TriClub/>

We also have a Facebook page  
<https://www.facebook.com/groups/199122436789159/>

## FOR MORE INFORMATION CONTACT:

Cheri Loden  
253.833.2770  
cloden@seattleyymca.org

AUBURN VALLEY YMCA  
1620 Perimeter RD SW, Auburn, WA 98001  
P 253-833-2770 F 253 833 2771 auburnvalleyymca.org



## TRI CLUB MEMBERSHIP INCLUDES

Coached Swim Workouts  
Group Open Water Swims  
Swim Workshops

Group Rides  
Bike Maintenance Workshops

Group Runs  
Running Workshops

Transition Workshops  
Workshops for Newbies

Group Strength Training

Northwest Tri & Bike store discounts

## SPECIAL TRI CLUB EVENTS

Kick off Pot Luck  
February 24 6:30 pm

- Indoor Triathlons
- Sunday April 1
  - Sunday June 3
  - Sunday September 9

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.