



FREE - Introduction to Triathlon Seminar

Thursday, April 25 at 7 PM

The Wild River Triathlon Club will begin holding a series of FREE seminars to introduce folks to the sport of triathlon (swim, bike, run). The seminars will be held at the St. Croix Valley YMCA in Hudson, WI and will be geared towards entry level/beginner triathletes.

Discussion topics will include:

- an overview of the sport of triathlon
- basic equipment needs for getting started
- basics of how to prepare yourself for your first race
- question and answer session

We will also be holding outdoor clinics to demonstrate the basics of how triathlons are conducted and the mechanics of the swim-to-bike and bike-to-run transitions.

If you have any questions please contact Jim Kelley (715)475-8020

or info@wildrivertriathlonclub.org.

For more about Wild River Tri club go to www.wildrivertriathlonclub.org