



Want to Do your first Triathlon in 2016?

Join members of the Fox Cities Triathlon Club for:

Triathlon 101

A FREE one-night class to learn:

- Proper equipment for the swim, bike, and run.
- Easy, achievable training program for all abilities.
- It's less complicated and more affordable than you think!



Wednesday, March 9th, 2016

Appleton Public Library

225 N. Oneida, Appleton

6:00 PM—8:30 PM



All Participants eligible for free door prizes!



Receive 30% off registration for the Green Bay, High Cliff, or Oshkosh Triathlon for attending!

Additional information available at: trifoxamy@gmail.com

Or find the Fox Cities Triathlon Club on Facebook!

You will never know – until you TRI!