



TCE's Triathlon Club

Do you love to swim, bike, and run?

If you answered "YES!" then the Timberlin Creek's Triathlon club is for you!

The TCE triathlon club will meet twice a week to train for The First Coast Kids Tri on Saturday, May 21st and Sunday, May 22nd. Participants will receive a TCE triathlon club t-shirt!

Cost: \$75 (Race entries are NOT included) *Checks can be made payable to TCE*

Who: Coach Anderson, Coach Lane, Mr. Sharpe, Mrs. Slopey & Mrs. Uva welcome all K-5th graders (spaces are limited, so register soon!)

When: Every Monday and Thursday 3:30-4:30

Start date: February 29th

End date: May 19th

IMPORTANT INFORMATION:

- *On Mondays, triathlon club and running club will train together for running workouts.
- * On Thursdays, triathlon club kids will bring their bikes to school for a bike work out.
- **Bikes can be dropped off between 7:45-8:30am at the PE area – more details to follow
- **SWIM TRAINING WILL BE AN AT HOME REQUIREMENT
- **A training log will be provided; it does require some at home workouts

Races: Triathlon: The First Coast Kids Tri on Saturday, May 21st for ages 6 – 10 and Sunday, May 22nd for ages 11 – 15.

Running Races: Ready.Set.Glow./April 1st and FSM Run with a Mission/April 30th

more race registration information will be sent to Tri Club members

If you have any questions, please contact Coach Anderson @ cindy.anderson@stjohns.k12.fl.us or Coach Lane @ jessica.lane@stjohns.k12.fl.us

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Child's Name: _____

Grade/Teacher: _____ Shirt Size: _____

Email: _____

