



TRIATHLON TRAINING



Trail Point brings you a comprehensive Triathlon Training Program in one of Central Iowa's premier training facilities! This program features swim and bike training sponsored by the Tri Racers of Iowa. The Tri Racers of Iowa is a local club of triathletes dedicated to helping those new to triathlon – as they once were.

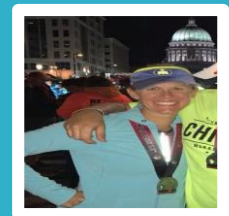
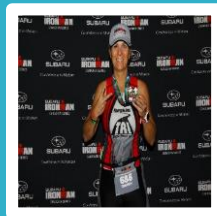
- ✓ For Any Level Of Triathlete
- ✓ Fine-Tune Your Swimming
- ✓ Non-Intimidating Atmosphere
- ✓ Strengthen Your Cycling

ENROLLMENT INFORMATION

Training Options	Day	Time	Price Per Session (Member Only)
Swim	Thursday	7:00 – 8:00 PM	\$25
Bike	Tuesday	6:00 – 6:45 PM	\$25

Session Dates: February 1-March 14 (6-Week Session)
 Member Registration Date: January 25
 Age Guidelines: 14 years old – Adult

MEET THE INSTRUCTORS



Andy Bernholtz

4 Time Ironman Finisher
 8 Time Des Moines
 Marathon Finisher

Carmen Davis

USAT Level 1 Coach
 Training Peaks Coach
 2 Time Ironman Finisher

Jenn Borst

3 Time Ironman Finisher
 Female Gravel Champion
 Female UltraRace Champ

Kristjana Smith

2 Time Ironman Finisher
 Top 2% Ironman Swim
 All American Swimmer
 Swim The Bridge Winner