

**Do You Want to Do a Triathlon?**

**free** **Triathlon**  
**101 Class**

**TRIATHLON 101 CLASS**

*hosted by the Fox Cities Triathlon Club*

**Learn How to do Your First Triathlon.**

**Attend TRI CLASS 101 at either of these locations:**

**Downtown YMCA  
Appleton**

***Tuesday, February 23  
6:30 p.m.***

**Aurora BayCare Orthopedic & Sports Medicine Center  
Green Bay**

***Thursday, Feb. 25  
6:30 p.m.***

**\$10 off the Green Bay or High Cliff Triathlon registration fee for attending either class.**

**For details: [foxtriclub.com](http://foxtriclub.com) or 800-429-8044**

***Topics include: Create a training schedule to finish your first triathlon, nutrition, swimming, biking, and how to pull these together to confidently complete your first multisport event.***