

# WHY JOIN TRI FORT TRIATHLETES?

Have you ever wanted to get involved in triathlon or are you involved now but wanted more? **TRI FORT** is for YOU!

We are a bunch of health minded athletes who love triathlon, duathlon, and other multi-sport events. The club gives you the opportunity to train with other athletes from all walks of life who share a common interest in health and fitness.

You can benefit from the club if you:

- Want training information
- Need to know how to complete a triathlon
- Enjoy improving your fitness
- Like getting discounts from our local sponsors products and services
- Want to gain nutrition information from people who have tried everything!
- Like competition with yourself and others

Our club showed a 5<sup>th</sup> place finish in 1998, our very first year as a club, in the

Midwest Region. We are a USA Triathlon and Midwest Region Official Club.

Group workouts are organized to help improve your fitness and to help complete your first triathlon.

**TRI FORT TRIATHLETES** has several Ironman veterans with in-depth knowledge in training and racing. This includes how to prepare both physically and nutritionally for any distance triathlon. Our members range in age from their teens to their sixties and seventies while coming from diverse backgrounds—teachers, homemakers, professionals, students—and they all love to train and get better.

Bi-Monthly newsletters keep you up to date with schedules, races, point standings, and other important club information. In addition to the newsletter, Tri Fort has its own web site on the internet and many members keep in touch through email.

Whether you would like to train and complete your first sprint triathlon or work on getting to the next level of training, **TRI FORT TRIATHLETES** has something for you.

Please call one of the contacts listed below to find out more about our club. Or just fill out the membership form and send it to the address listed and we'll get you started. Tri it, you'll be glad you did!

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