



Multi-Sport & Group Training

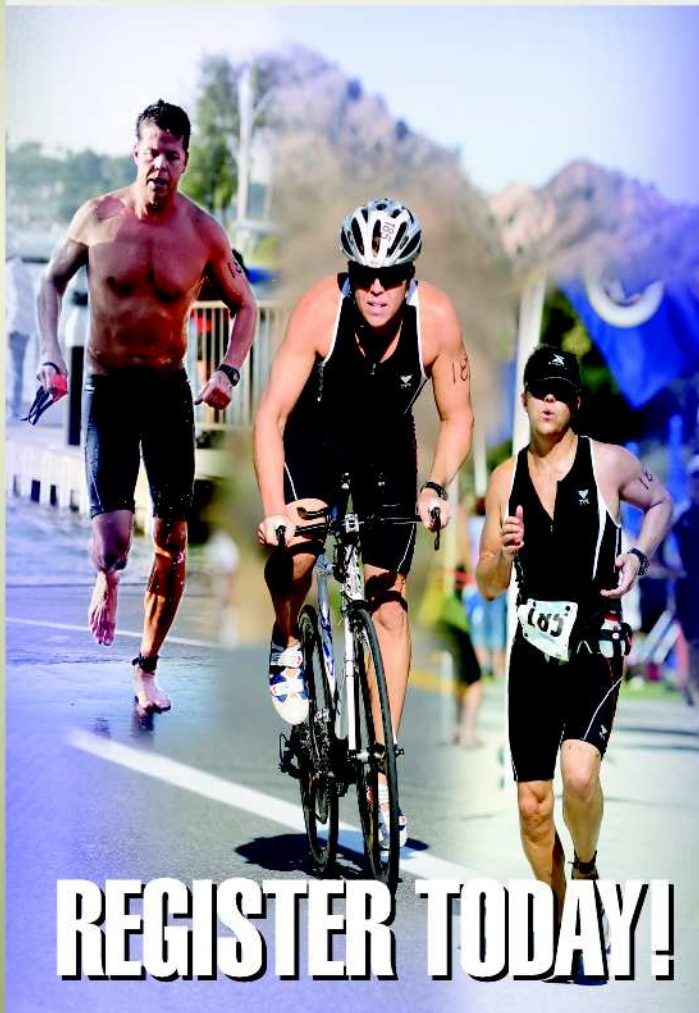
Y-Tri Club has something for everyone, individuals and families, whether new to the workout scene or in peak physical condition. Y-Tri Club focuses on cross training with swimming, cycling and running. Whether your goal is to complete your first triathlon, duathlon or marathon, log a new P.R., or have a family adventure doing a triathlon relay, group training has many benefits.

Y -TRI CLUB MEMBERSHIP INCLUDES:

- Professional coaching and monthly training schedules
- Weekly group training opportunities
- Access to specific workouts designed for power, speed and endurance
- Race/training apparel with our Club logo available for purchase
- Discounts on equipment and nutritional products
- Local and regional race information
- Childcare during group and individual workouts
- Access to YMCA facilities for training
- Triathlon/cycling specific group cycling classes
- Multisport clinics throughout the racing season
- Hat, water bottle and socks with our Club logo

MEMBERSHIP IS ONLY \$75/YEAR FOR Y-MEMBERS

Discounted Individual Training Programs available through Sherry Rennard, USAT Certified Coach
(949) 274-3890 CoachSBR.com



REGISTER TODAY!

Sample of 2010 Events

Date	Type
8/7/2010	Camp Pendleton Triathlon - Sprint
9/11/2010	Malibu Triathlon – Sprint/Olympic
9/19/2010	Pacific Coast Triathlon - Sprint
9/25/2010	Bonelli Tri Series – Olympic/Sprint
10/10/2010	OC Triathlon - Olympic

For more information, contact Scott Crowell @ crowells@sbcglobal.net or www.coachSBR.com

For more information, please contact:
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