



TriFactor Triathlon Club

welcomes new members

We are

All ages. Social, supportive, friendly
Involved in running, biking and swimming—and all triathlon distances
First-timers & experienced athletes

Fall/Winter Training

3-4 group training sessions per week:
cycling, track workouts & long runs
Plus informal swim groups
A balanced schedule that prepares you for your goals

Coaching

Experienced coaches covering each discipline
Individual goal charting and performance analysis

Fees

\$120/year includes coaching, TriManitoba membership,
facility fees & retail discounts
Plus quality TriFactor team clothing

Benefits

Besides feeling great and enjoying a new pursuit?
Tailored training to individual needs & goals
Online workouts always keep you up-to-date
Loads of outdoor summer activity to look forward to ...
Plus New friends & training partners ... and a busier social calendar!

Want to know more?

Come out to our
AGM/information meeting:

Thursday Nov 8, 7:00 – 10:00 pm
Grapes Restaurant
1700 Pembina (at Bishop Grandin)

(Don't worry – this isn't a 3 hr AGM

we've booked the room for business first and plenty of socializing time)



St. Malo Multisport Triathlon
St. Malo, MB



Ironman
Busselton, Western Australia



Morden Triathlon
Morden, MB



Liberty Triathlon,
Independence, MN

