



Want to Tri or Have You Been Tri'ing?

Don't know where to begin or want to move to the next level?

**Come join us February 13 at 6:30pm at
*The Periodic Table***

8808 Centre Park Drive Columbia MD 210445

To see how *Mid Maryland Triathlon Club* can help you with our *free* programs:

- **Beginner triathlon program**
 - Training plans and ongoing communication with coach and program participants
 - Knowledge, support and accountability
- **Mentor/Mentee program**
 - Ongoing support
 - Learn from those that have been there
- **Real life testimonials from program participants**
- **Talk and learn from club members of all abilities about what the club has to offer**



www.midmdtriclub.org

Can't Make It? Don't worry just contact

Henry Shoemaker, President

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