

June 2010

WOODYS TRIATHLON

www.woodystriathlon.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 <i>Early Entry Discount Deadline</i>	KOS 5-15yrs 1 BIKE/RUN 6:30pm @ Michener Centre	2	3	4	HAVE YOU 5 REGISTERED? We are filling up fast!!
KOS 6 SWIM 10-11am 11-12pm RUN 10-10:45am 11:15-12:00 BIKE 4:00pm ADULT SWIM 12-1pm	7 KOS Run Mechanics with Track Coach Doug Spicer	8	9 Transition Tips for Kids and Adults 6:00pm @ Michener Bike/Run 6:30 5-15yrs	10	11	12
KOS 13 SWIM 10-11am 11-12pm BIKE 11:15&12:15 ADULT SWIM 12-1pm	14	15 KOS 5-15yrs BIKE/RUN 6:30pm	16	17	18	19 <i>Registration Deadline 6:00pm!!</i> No late entries!
KOS 20 SWIM 10-11am 11-12pm BIKE 11:15&12:15 ADULT SWIM 12-1pm	21 Transition Tips for a Fast Transition for Kids & Adults 6:30pm @ Michener	22	23 KOS 5-15yrs BIKE/RUN 6:30pm	24 <i>Package Pick-Up</i> Michener Curling Rink 5:00- 8:00pm	25 Race Set-Up 5:00pm Volunteers Needed!! <i>Package Pick-Up</i> 5:00-8:00pm	26 KOS Start 8:00am Volunteers Needed <i>Package Pick-Up</i> 3:00-6:00pm
27 ADULT Sprint & Relay Start 7:00am Volunteers Needed Clean-up 11:30AM	28	29	30 **Parents are needed to bike and run with the kids during training sessions. PLEASE bring bikes & helmets. Questions???? Call Val @ 403-342-6494			