



Want to be part of the action?

# 4<sup>th</sup> Annual ERJCC Family Triathlon

Sunday, May 6, 2012 at the Evelyn Rubenstein Jewish Community Center

## I CAN "TRI"

### Family Triathlon Training Program

Swim + Bike + Run = TRI

The "I can Tri" Family Triathlon Training Program will prepare you and/or your child to participate in the 4th Annual ERJCC Family Triathlon and will include swimming, biking, and running. Orientation and Swim testing will be **SUNDAY, FEBRUARY 26 AT 1:00 PM.**

Our program includes the following:

#### Weekly group workouts

Sundays 1:00–2:30 PM

#### Monthly Training Schedule

to help guide your workouts during the week

Three swim clinics at the ERJCC with our

#### Swim Coach Taylor Hunt

#### NEW for this year...

we have a registered dietitian on staff for the training program and will include group presentations on healthy eating and sports nutrition as part of the training package.

Email [bbushong@erjcchouston.org](mailto:bbushong@erjcchouston.org) for more information about the "I can Tri" training program.

For more information about The 4th Annual ERJCC Family Triathlon including registration information, distances, and course details please visit the race website [www.trikidscamp.org](http://www.trikidscamp.org) or email the event coordinator, [Charles Moser toothcm@peoplepc.com](mailto:Charles Moser toothcm@peoplepc.com).

#### DETAILS

Sundays

1:00-2:30 PM

February 26-May 6

**Group 1:** Kids ages 8-12 with Coaches Robin & Lee  
**Group 2:** Teens ages 13+ & Adults with Coach Blair

**\$129 erjccm**

**\$219 public**

\*fees include race registration



EVELYN RUBENSTEIN JEWISH COMMUNITY CENTER  
5601 S. Braeswood | Houston, TX 77096  
[erjcchouston.org](http://erjcchouston.org)