



## July 7, 2007 Iron Girl Texas Free Clinic Provided by **Playtri**

On, Saturday, July 7, 2007, the Playtri Coaches will offer a free training day for all those registered for the Iron Girl Texas Triathlon 2007. The event will include open water swim practice, setting up a transition, biking and running. We will answer questions and give you the tips to help make your race a fun, safe and successful one!

This is a great opportunity to get some practice and education about triathlon for free as part of your Iron Girl registration. The event is worth \$300 in value so make sure to come out and take advantage. We will be taking registrations so if you haven't signed up by July 7<sup>th</sup>, come on out and sign up with us!

**When:** Saturday, July 7, 2007

**Where:** Meadowmere Park, Lake Grapevine

**Schedule:**

9 - 10am Open water swim clinic

10 - 10:30am Transition clinic

10:30 - 11am Bike

11: - 11:30am Run

11:30 - 12:30pm Post Race Picnic with your families while we answer questions and review the Iron Girl 2007 Course\*\*

**RSVP:** Please RSVP to [staci@playtri.com](mailto:staci@playtri.com) by Thursday, July 5<sup>th</sup>.

\*\*Please feel free to bring you friends and family for support. We will be providing fruit and drinks as post clinic day refreshments. There are some covered tables and plenty of area for picnicking with friends and family. Only those registered for Iron Girl Texas 2007 will be able to participate, but anyone else is free to come and watch. There is a \$5 entry fee per car into Lake Meadowmere Park.

If you have any questions, please contact Staci at [staci@playtri.com](mailto:staci@playtri.com) or 214.405.5092. To learn more about Playtri, go to [www.playtri.com](http://www.playtri.com)

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