

Girls Night Out Tri Style

For all women who have ever thought about doing a triathlon, finished one or too many to count, or.....just want to check out what triathlon is all about. Come find out about Women's Only Triathlon Events, Triathlon Coaching and Group Training, Sports Nutrition, Triathlon Products and more!

RICHARDSON
Bike Mart
www.bikemart.com

1451 W. Campbell Rd.
Richardson, TX

Tuesday, May 16th from 6 – 9pm

FREE Clinic Schedule

- 6:00pm** Tri 101 – Triathlon Basics: What is it and how do you do it?
Bike 101 – What you need to know before you buy a bike.
- 6:45pm** Tri 102 – Triathlon - Taking it to the Next Level:
You've done a triathlon– now how do improve?
Tri Gear - What you need and what you might want to have.
- 7:15pm** Tri 101 – Triathlon Basics: What is it and how do you do it?
Bike 101 – What you need to know before you buy a bike.
- 8:00pm** Tri Gear: What you need and what you might want to have.
Question and Answer session with Triathlon Coach and Elite Athlete Ahmed Zaher
Bike 101 – What you need to know before you buy a bike.

15% Discount** Girl's Night Out Richardson Bike Mart on 5/16 from 6 – 9pm!

**Parts, accessories, & clothing only. Does not include bikes or labor. Sale price as marked



3607 Oak Lawn
Dallas, TX

Thursday, May 25th from 5 – 9pm

FREE Clinic Schedule

- 6:00pm** Tri 101 – Triathlon Basics: What is it and how do you do it?
Run 101 – What you need to know before you buy shoes and running gear.
- 6:45pm** Tri 102 – Triathlon - Taking it to the Next Level:
You've done a triathlon, now how do improve.
Tri Gear - What you need and what you might want to have.
Tri Training – Come check out the DAM Luke's Tri Training Program for Iron Girl Texas.
- 7:15pm** Tri 101 – Triathlon Basics: What is it and how do you do it.
Run 101 – What you need to know before you buy shoes and running gear.
- 8:00pm** Tri Gear: What you need and what you might want to have -
Tri Training – Come check out the DAM Luke's Tri Training Program for Iron Girl Texas.
Run 101 – What you need to know before you buy shoes and running gear.

15% Discount at Girl's Night Out Luke's Locker on 5/25 from 5- 9pm!

Refreshments will be provided!– Door Prizes will be awarded !– Local Women Coaches will be available to assist you with any questions you have about triathlon.