



# Duathlon & Triathlon Training

Beginners welcome!

June 12 - August 14

Fridays, 5:45 am - 7:00 am



- Taught by Rayne Herzog, USAT Certified Triathlon Coach and Race Director
- **Meets at Shelburne Beach for weekly swims, rides & runs**
- Nine weekly workout plans given to participants
- **Swim, bike, run and transition techniques taught**
- Discounts at SkiRack, Fleet Feet Sports, XTERRA Wetsuits
- **Group running analysis with Tim Gould, PT with Dee Physical Therapy**
- A great way to meet other athletes and to get into duathlons and/or triathlons
- **\$199**
- Limited to 20 participants.
- **Individual coaching also available. Ask Rayne for rates.**

# 2015

Sign up at Shelburne Health & Fitness (802) 985-4410,  
or by calling Rayne at (802) 316-7142