



Ladies Night, March 16th
Introduction to Triathlon
7:30pm

Come join us to learn how
you can prepare, race and
complete your first or next
triathlon.
Light refreshments served.

www.santafebikes.com



Ladies, after many years as a runner, I decided to embark into the sport of triathlon. My first triathlon was the 1989, Danskin Women's Triathlon Series in California. The positive energy of racing with 2,500 women of all shapes, sizes, and age was remarkable. Seventy percent of the participants were completing their first triathlon. Today, as I enter my 22nd year as a triathlete, nothing has changed. The thrill of assisting women in crossing the finish line is unmatched. Please join us for an evening of talk, motivation, and positive energy designed to get you across that finish line whether it's your 1st or 21st year of swim, bike, and run. Connie



Have questions? Contact
conniecarpenter@sunflower.com