

TRAINING WITH A PURPOSE



# WOMEN'S TRI TEAM

SUPPORTED BY:



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Join The Active Survivors Network at Iron Girl Columbia Women's Triathlon 2010. Our comprehensive training package prepares you for this popular event and supports the Active Survivors Network's Fitness for Survivors Programs.

## **Iron Girl, Columbia, MD**

0.62 mile swim, 17.5 mile bike, 3.4 mile run

**August 22, 2010**

**Training Dates:** May 2nd to August 22nd (16 weeks)

### **Program includes:**

Group Workouts → Indoor swim, spin/run, Outdoor cycle/runs → 1-Hour One-on-one session w/ certified personal Trainer → 16 - week written program includes strength and stability training (via email) → 16 week membership to the Maryland Athletic Club → Professional coaching → Weekly newsletters and daily email tips → Team ASN Performance Gear; Swim cap and tri-suit → TEAM ASN race tent @ event

**Fundraising:** Each participant will have a minimum fundraising goal. ASN will provide an individual webpage and support to help the participants meet your fundraising goals.

### **Past Team Members:**

Training with ASN and my teammates created a wonderfully supportive environment to achieve my goal. I had such a great experience training and participating in the Iron Girl, I am now the proud owner of a wet suit and have signed up to participate in another triathlon this fall and another next spring. → **Valerie Kent, 1st time triathlete**

I had no idea how my trainer and the other soon-to-be triathletes would be so motivating and supportive. The feeling of successfully finishing Iron Girl is really indescribable; I achieved a goal that I thought wasn't possible. My trainer and teammates were there at the finish line, waiting to cheer us all on. → **Helen Pentikis, 1st time triathlete**

**Space is limited!** To reserve your slot email [kay@activesurvivor.org](mailto:kay@activesurvivor.org) or call 410.823.0562