



WHAT: TRiDi Multisport 2019 Spring Season Training & Orientation

WHEN: 7:30 am - Saturday, **March 2, 2019**

WHERE: Bamford Aquatic Center
3800 S.W. 92nd Ave. Davie, Florida 33328

WHO: First timers, beginners, intermediates and experienced triathletes, duathletes, runners, walkers, friends & family

WHY: Training & Orientation for upcoming Triathlon/Duathlon/Aquabike and running season, meet & greet

“Training today for a fit tomorrow”



Diane Calloway, USAT Certified Coach

www.triditraining.com

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