



Swim.....Bike.....Run

Why not TRI?

Beginner Triathlete? Or Experienced Triathlete?

All are welcome to the join the

Mere Mortals

Sponsored by TRI Gulf Coast Triathlon Club

Sunday Mornings from June 22nd-September 28th

6:30 a.m. to 9:00 a.m.

These free, coached sessions cover all aspects of triathlon, culminating with the Santa Rosa Island Triathlon on October 4th!

You can do this! We can help!

For more info: <http://www.trigulfcoast.org/>

Or meet Sunday, June 22nd at the Pensacola Beach Casino Pavilion at 6:30 a.m. with your bike, running shoes, a positive attitude, and \$15 for TRI Gulf Coast club membership fees!

