

Women in Triathlon

Kilmurry Hall, UL Campus,
26th of March 2010, 7.00pm



**Want to set new goals for 2010?
Want a new challenge? Want to get fit?**

Limerick Triathlon Club (LTC) are hosting an information evening on Women in Triathlon on Friday 26th March '10. The aim of the session is to give women:

- An introduction to triathlon
- Training for a triathlon
- Get involved in the club
- How to get involved in a triathlon
- Meet other LTC female members
- Information on club training

Simply come along to Kilmurry Hall at 7 were Limerick Tri club members will be hosting the event. For further information on this event and other limerick triathlon club events please visit www.limericktriathlon.com