



# MISSION <sup>RAM</sup> MULTISPORT

TRIATHLON EVENTS • CAMPS

missionmultisport.com

(805)459-6967



## slotriathlon Training Camps at Sinsheimer Park Taught by Kathy Hennelly and Mission Multisport

The SLO Triathlon Training Camps are designed for beginning triathletes, veterans who are just coming back into the sport, or for those looking to pump up their confidence going into this year's event. Each training camp allows participants to join in on great group workouts - swim, bike, run, transitions - ON THE COURSE while gaining triathlon education and knowledge. Coach Kathy is a USA Triathlon certified coach and former professional triathlete. Come learn from the best in a fun and friendly environment!

Class #	Class Name	Age	Day(s)	Time	Date(s)	Cost
2755.101	Beginner	15+	Mon, Wed	11:30am-1:00pm	May 4-20	\$129.00
2756.101	Beginner	15+	Mon, Wed	5:45pm-7:15pm	May 4-20	\$129.00
2757.101	Beginner	15+	Tue, Thu	11:30am-1:00pm	May 5-21	\$129.00
2758.101	Beginner	15+	Tue, Thu	5:45pm-7:15pm	May 5-21	\$129.00
1400.201	Beginner	15+	Mon, Wed, Fri	11:30am-1:00pm	July 6-17	\$129.00
1401.201	Beginner	15+	Tue, Thu	5:30pm-7:45 pm	July 7-16	\$129.00

"Fantastic class! Coach Kathy pushes you to maximize your abilities and teaches you how to efficiently perform at your personal skill level. I love how it is a great training workout in a relaxed, non-intimidating environment! A must for all triathletes, potential triathletes, or those just wanting a great workout with a supportive class. Coach Kathy is the best!"

Shannon Marquis, AG

"I highly recommend attending Mission Multisport's Triathlon Training Camp for anyone who is at a beginner or intermediate level. Coach Kathy's instruction was clear and easy to implement. Her experience as a triathlete and cross country coach make her an excellent resource."

Chris N. - San Luis Obispo

For more information, call (805) 781-7300, visit the Parks and Recreation Administrative Offices at 1341 Nipomo Street, or log on to the City's Web site at [www.slocity.org/parksandrecreation](http://www.slocity.org/parksandrecreation).