

JOIN US

SpringTime Triathlon Program:

14 week program

Race goal:

Tri Miami Sprint/Olympic Distance races, May 2, 2010

Program Dates:

February 2, 2010

Orientation Meeting:

Tuesday January 26, 2010 at 7PM.

FootWorks, 5724 Sunset Drive in South Miami

SummerTime Triathlon Program:

20 week program

Race goal:

Trilogy Triathlon Series, Escape To Miami races and Ironman Miami 70.3

Program Dates:

May 29, 2010 - Oct. 30, 2010

Orientation Meeting:

Tuesday May 18, 2010 at 7PM.

FootWorks, 5724 Sunset Drive in South Miami

ORIENTATION

The orientation meeting will outline the details of the program and offer information on the races and their unique challenges. All meetings will take place at 5724 Sunset Drive and please bring quarters for the meters. You may register and pick up your packets at the meeting. The coaches will be available for questions after the meeting.

For More Information or to Register:

TeamFootWorks

(305) 666-RACE (7223) www.teamfootworks.org

PROGRAM BENEFITS

This is the great stuff you get:

- Detailed training schedule to follow designed by USAT/BodyZen certified and experienced Triathlon Coaches
- Saturday morning group training sessions held on Key Biscayne*
- Access to BodyZen Training Forum for assistance on training, nutrition, flexibility training and more
- Access to special Training Seminars and Bonus training sessions with coaches**
- Great discounts at local bike and triathlon stores
- BodyZen FootWorks Tri Program Performance visor
- Discounts on local races

* Weekly details posted on BodyZen Discussion Forum

** Special for only those enrolled in program. Seminars and session details are TBA

PROGRAM COST

We are more than just triathlon coaches. We are guides, teachers, friends, motivators, and a host of other things. Our duties do not end at five in the evening like most other people. As coaches, we assist people in achieving their dreams within their own passion. This position takes patience and the responsibility to go above and beyond the call of duty.

Program Cost:

14 week program:

SpringTime Triathlon Program:
BodyZen/FootWorks Alumni - \$249
New Members - \$289

20 week program:

SummerTime Triathlon Program:
BodyZen/FootWorks Alumni - \$339
New Members - \$379



Fill out application form completely and mail registration to: TeamFootWorks, 5724 Sunset Drive, Miami, FL 33143

Last Name:

First Name:

Date of Birth: Age:

Street Address:

Apt/Unit #: Zip Code:

City: State:

E-Mail:

Please add me to the mailing list to stay updated. Yes / No

Home Phone:

Work Phone:

Sex:

Singlet Size:

Credit Card #:

Expiration Date: *Add \$3 handling fee on credit cards

*Make checks payable to TeamFootWorks

CHOOSE YOUR PROGRAM:

SpringTime Triathlon Program:

- \$289 new members
- \$249 TeamFootWorks/BodyZen fitness program alumni

SummerTime Triathlon Program:

- \$379 new members
- \$339 TeamFootWorks/BodyZen fitness program alumni

Please read and sign this waiver

Waiver: I know that walking, running and road racing are potentially hazardous activities. By entering this program I am taking full responsibility for medical clearance and for being physically fit and properly trained to participate in this program. I agree to abide by any decision of program official relative to my ability to safely complete the training program. I assume all risks associated with running, but not limited to my own fitness and health condition, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release TeamFootWorks, FootWorks, BodyZen Multi Sport Coaching, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program through that liability may arise out of negligence or carelessness on the persons named in this waiver and other organizations. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose.

Sign: _____

Date: _____