

# TRIBE Multi-sport Club: Get-out, Gather, and Train

A group that finds fitness and fun through camaraderie and activity. Coach Annie will meet with participants on calendar club days to lead a training session, advise for events, and provide support, whether you are looking to enter your first 5k, sprint triathlon, or just want people to train along-side, this club is for you. Drop in once a month, or come to every meet-up—all are welcome! See the schedule below. We will meet on all Yellow Days. \$7.00 per session—sign up on-line, no additional front desk fees. DIY—Do

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of August 20	<b>20</b> <b>Club 9-11am</b> Bike Ride— meet at Rec Center at 9am	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>Club 6- 7pm</b> Elliptical for Endurance and Goal Setting	<b>25</b>	<b>26</b> <b>Wicked Wine Run:</b> Denver Botanical Gardens Chatfield Farms*
Week of August 27	<b>27</b> <b>Club 9-11am</b> Swim train with drills—Rec Center	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>Club 6- 7pm</b> Outdoor Run/Walk Rec Center	<b>1</b>	<b>2</b>
Week of September 3	<b>3</b> <b>Club 9-11am</b> Run/Speedwalk— Meet at rec center	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>Club 6- 7pm</b> Swim Times: Half mile	<b>8</b>	<b>9</b>
Week of Sept. 10	<b>10</b> <b>Club 9-11am</b> Bike Ride: ride a 13 mile route in prep for Oktoberfest Tri	<b>11</b>	<b>12</b>	<b>13</b>	<b>14 DIY</b> Do-It-Yourself Training. No class.	<b>15</b>	<b>16</b> <b>Littlefoot Sprint Tri</b> Bear Creek Lake Park
Week of Sept. 17	<b>17 DIY</b> Do-It-Yourself Training. No class.	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>Club 6- 7pm</b> Indoor Cycle & Nutrition	<b>22</b>	<b>23</b>
Week of Sept. 24	<b>24 Oktoberfest Triathlon Union Reservoir*</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>Club 6- 7pm</b> Yoga for Athletes, Rec Center	<b>29</b>	<b>30</b>