



# HIGH SCHOOL TRIATHLON CLUB

**OPEN TO ALL HIGH SCHOOLERS. OUR CLUB TEAM OFFERS TRAINING AND RACING OPPORTUNITIES TO CREAT A COMMUNITY OF ATHLETES AND COACHES.**

- WE RACE THE SPRINT DISTANCE, 500M SWIM, 12MILE BIKE, 5K RUN.
- OTHER OPTIONS FOR RACING INCLUDE, AQUA BIKE, DUATHLON, AND RELAYS

**WE HAVE AROUND 3 PRACTICES A WEEK**

**MON- GROUP RIDE**

**THUR- GROUP RUN**

**SAT- GROUP SWIM + BIKE/RUN**

**Contact: [youthtriathloncorvallis@gmail.com](mailto:youthtriathloncorvallis@gmail.com)**



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