

Multisport 101



Do you have questions or interest in participating in a triathlon or multisport event?



Come to an information meeting to answer all your questions and how to get started in the sport(s).



U of L Triathlon Club and Sweaty Sheep will be hosting the event in the Avenue Room at Cardinal Town

When: January 20th, 2013 at 6:30 pm. **Where:** Avenue Room in Cardinal Town

Who: Anyone interesting in starting one or all three of the sports for a triathlon
Professional Triathlete, Mike Hermanson, will be there answering your questions

Mike Hermanson: mike.s.hermanson@gmail.com

Evan Cruson: evan.cruson@gmail.com



U of L Triathlon Club



TEAM SWEATY SHEEP