

Multi-Sport 101

Swim, Bike, Run ... Biathletes and Triathletes

- Ask questions and get answers from our panel of biathletes and triathletes
- Geared toward the novice biathlete/triathlete

Wednesday, March 17, 2010, 6:30 - 8 p.m.

St. John's Hospital AthletiCare™, 3631 S. Sixth Street, Springfield, IL

Panel members:

Patty Shafer, local triathlete and experienced sprint and Ironman distance participant

Michael Meyer, local triathlete and experienced sprint and Olympic distance participant

Brenda Reiling, PT, AthletiCare, local triathlete and experienced sprint and Half Ironman distance participant



FREE Seminar. Registration required. Call (217) 744-PLAY (7529).