

SPONSORS

INTRODUCTORY OFFER- 4 FREE TRAINING SESSIONS

We welcome new members and offer people the chance to try our training sessions and club environment free and unconditional. Simply arrive with this brochure and introduce yourself to members. They will direct you to a coach who will assess you, your level and needs.

SESSION 1 date: / /
swim/running/cycle
Coach:

SESSION 2 date: / /
swim/running/cycle
Coach:

SESSION 3 date: / /
swim/running/cycle
Coach:

SESSION 4 date: / /
swim/running/cycle
Coach:



φphysica
SPINAL & PHYSIOTHERAPY CLINIC
triathlon injury assessments



No one's better in the bedroom.



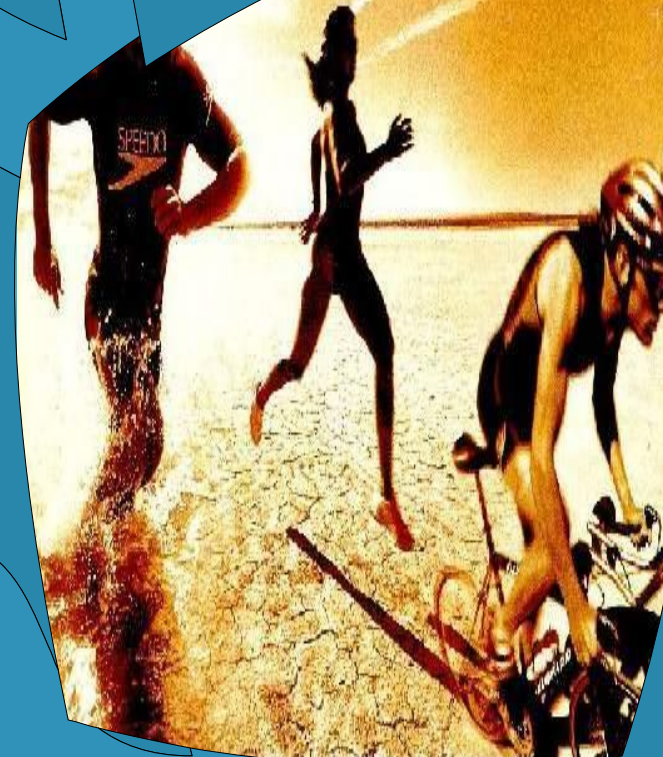
MEMBERSHIP INFORMATION:

Ringwood Triathlon Club
P.O Box 4038, Ringwood, 3134
Contact us on our website

WWW.RINGWOODTRICLUB.COM.AU

swim...ride...run...train...fun

RINGWOOD TRIATHLON CLUB



WWW.RINGWOODTRICLUB.COM.AU

- Coached training sessions
- Social functions
- Member benefits
- All levels of athletes
- Training Camps
- Race training

SWIM...RIDE...RUN

Ringwood Triathlon Club was formed in the 1980's. It is an affiliated club of Triathlon Victoria.

The club offers certified coaches at all training session.



• Swim

• Ride

• Run

• Race

• Fitness

• Training

"Triathlon, some might say, is the ultimate modern day sport and one that is ideally suited to Australians and the Australian environment.

This unique Multisport challenges and inspires athletes from the most novice beginner just making it across the line in their first event to the most skilled and talented elite athlete racing their way towards a spot on the Olympic podium! The point being anyone and everyone can and appears to be doing triathlon and we love that! "Triathlon Australia Website 2009

ABOUT RINGWOOD TRI CLUB

Ringwood Triathlon club is a small but successful club founded in the early 80's during the pioneering days of triathlon. Our aim is to provide quality coached training sessions for its members at low cost.

These sessions are designed to cater the needs of all triathletes from beginner to experienced level.

SKILL LEVELS

Whether you are training for your first ever triathlon or aiming for Hawaii you will find suitable training partners and coaches at Ringwood Tri Club.

We can provide advice on training, equipment, racing and virtually anything to do with the sport of triathlon.

"As a new comer to the sport I was amazed to see how receptive and welcoming all the club members were when I joined. I was worried that in an individual sport people would be isolated in their training and experience. Nothing could have been further— people were of different levels, everyone shared advice and race days have been endless amount of fun. What a great group of people." Darren Ross Member since 2004

TRAINING TIMES

SWIMMING

📍 Location: Ringwood Aquatic Centre

Monday	8.00 - 9.00 pm
Thursday	8.00 - 9.00 pm
Saturday	5.00 - 6.00 pm

Regular Bay/Open Water sessions (summer)

RIDING

Wind-trainer sessions

📍 Location: Ringwood Aquatic Centre Cafe
 Tuesday 8.00- 9.00 pm
 Road rides as organised

RUNNING

📍 Location: Ringwood Athletics Track (Proclamation Park)

Wednesday 6.30- 7.30pm

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Affiliated Club