



The TRAIN TO TRI program hits Prince George!

Beginning in May, the Prince George Triathlon Club, together with local School Districts, will host a 3 month long “Train to Tri” program, aimed at students in Grade 10 through 12. Five hours per week will be spent educating up to 110 students on the merits of being physically active, the Train to Tri program will provide sport specific training and touch upon the various equipment available to complete a triathlon. The Program’s objectives include teaching young athletes to become competent swimmers, good cyclists and efficient runners. The program will see local triathletes and teachers working together, training and mentoring students and fellow teachers in order to complete a triathlon.

With an emphasis on team work, combined with a positive philosophy of encouraging athletes to see that, through support, they can accomplish anything! To add a dose of fun, points will be awarded to participants throughout the training program, leading to a Train to Tri Championship Trophy. By hosting the inaugural event, it is hoped that triathlon participation will increase, and motivate schools to stay involved in the sport of triathlon.

The Train To Tri program is sponsored by the 2010 Legacy Now Fund with support from the Province of BC.

For more information about the program or to register for the Prince George Triathlon please contact Craig at Amanda.craig@shaw.ca or check out the website at www.pgtriathlon.homestead.com

Happy training!