

TRI 3

Just Tri It



A Focus on Training

This club was founded by a Certified Triathlon Coach and Bicycle Store Owner. Both looking to help give aspiring riders and triathletes an exciting opportunity to enjoy the sport by providing motivation, support, knowledge and a great experience.

The benefit of this club is the flexibility. Majority of training is completed on your own, but the club is just an email or Facebook post away from finding a partner. There will be both formal and informal sessions to provide a non-competitive atmosphere, but will help push each other to reach and perform at our best.

Weekly practices will be posted and emailed to members to provide several opportunities to work with one another. Coached segments will be offered to really help on the fundamentals and get direct feedback. Mix up your weekly routine to see improvements.

No matter your fitness level, we welcome you to come and “give it a tri!”

Contact: Derek Lautieri

Contact Info: Cell: 603-560-6420

email: ltr_drk@yahoo.com



**You don't have to win,
You just have to TRI**

**The miracle isn't that I finished
The miracle is that I
had the courage to
start.**

Club Benefits:

- Discount at DG Cycles
- Discount off Finish Line Coaching Personal Programs
- 10.00 off Anyone's Indoor Triathlon at the YMCA
- Organized club rides, runs and swims
- Informative Clinics
- Team Support
- Certified Coached Workouts
- Race Benefits
- Discounts at Local Retailers
- Various commitment levels
- Great Relationships!

Finish Line Coaching E.T.C

Endurance & Triathlon -An Athletic Competitive Edge-



Commitment Levels

Introductory- \$50.00

- Access to Facebook group to connect with other team members
- Invitation to weekly informal sessions
- Invitation to social events
- Discount on select stores and services
- Free Team TRI 3 T-Shirt
- \$10.00 per coached session (member needs to contact coach to be included)

Basic - \$125.00

Introductory plus:

- No charge to coached sessions
- Team TRI 3 Race Jersey (Triathlon top or cycle jersey)
- Expanded list of discounted stores and services
- Monthly Off-Season team meetings with clinics and sports related information.

Team Events:

Anyones Indoor Triathlon

More TBD by vote of members

A list of races, both triathlon and benefit rides will be emailed to all members. Each member will be asked to choose five (5) events they want to possible race or participate in.

Once all votes are compiled, the list of top three events will become the team events.

Weekly sessions will be geared toward those races.

Volunteer opportunities to give back to the local community

Club Registration

Name _____

Address _____

Email _____

Phone _____

USA Triathlon Member # _____

Basic 50.00 _____

Membership Level
Introductory \$125.00 _____

t-shirt size _____

PAYABLE TO
Finish Line Coaching
mail to:
TRI 3 CLUB
20a Richardson Rd
Derry, NH 03038

RELEASE AND WAIVER:

In consideration for the acceptance of my registration as a participant in the above entitled Club, TRI 3, and with the understanding that my participation in this club and its activities is only on condition that I enter into this agreement, for myself, my heirs and assignees, I hereby assume the inherent and extraordinary risks involved in triathlons (swim, bike, run) and any risks inherent in any other activities connected with this club in which I may voluntarily participate. I expressly assume the risk of and accept full responsibility for any and all injuries, including death and accidents which may occur as a result of my participation in Club activities and release from liability, Finish Line Coaching, DG Cycles and each of their officers, director and agents, representatives, employees and members. I hereby waive any claim I may have hereafter as a result of my participation in any activities hosted by the TRI 3 Club which I may voluntarily participate. "I have read and understand the above statement."

1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Club's activities; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate with the Club. I agree that it is my sole responsibility to determine whether I am sufficient and healthy enough to participate in the Event.

2. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Club activities are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Club Organizers; and other undented risks and dangers which may not be readily foreseeable or are presently unknown ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating with the Club, or the acts, inaction or negligence of the Released Parties denned below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Club.

PRINT NAME: _____

SIGNATURE: _____

SIGNATURE : _____ (Parent or guardian if under 18)