

MISSION:

To promote the many benefits of triathlon training and racing to the greater Sarasota County community, with a particular emphasis on the younger population.



STRUCTURE:

The club is organized under the umbrella of the Sarasota County YMCA. We use an “All-Inclusive” approach to help insure that anyone interested in participating in our sport will have an opportunity to do so in a friendly and welcoming environment. The club is run by an all volunteer group of people committed to increasing the exposure of the sport of triathlon throughout the community.

FREQUENTLY ASKED QUESTIONS:

Q. How will the club benefit me if I’m not a competitive triathlete?

A. The club will provide training, nutrition and other resources to ANYONE wishing to “tri” the sport.

Q. Do I have to belong to the YMCA to become a member of the club?

A. NO. However some of the training sites will be held at YMCA facilities and therefore being a member of the YMCA may be beneficial for these.

Q. What if I want to volunteer at events but not necessarily be a member of the club?

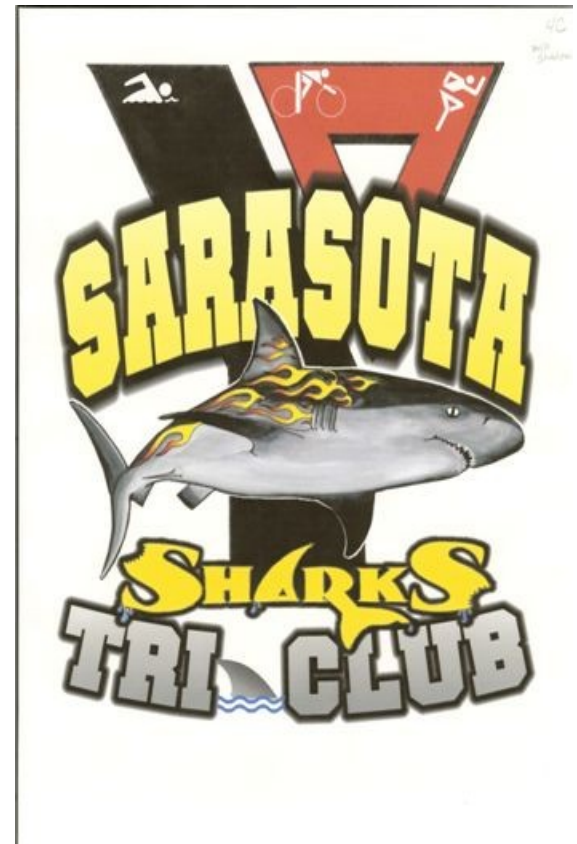
A. GREAT!!! We’ll be in need of many volunteers to assist in all areas with the club, just let us know and we’ll put you on a list of volunteers and contact you in advance of events.



8301 Potter Park Dr.
Sarasota, FL 34238
Phone (941) 922-9622

**SARASOTA YMCA
SHARKS TRI CLUB**

BRINGING THE SPORT OF
TRIATHLON TO OUR FAMILY
AND FRIENDS IN SARASOTA
COUNTY TODAY



MEMBERSHIP BENEFITS

By joining, you and your family will have access to a vast array of services to help you train for your first mini-triathlon or your next Ironman distance race.

Other benefits include:

- Educational Workshops
- Coaching opportunities
- Organized training sessions
- Races of all distances including a Championship Series
- “First Timers” events
- Team Apparel for training, racing or just hanging out
- Web-based communications including calendar, message board, training tips and links to other sites
- Camaraderie with other triathletes of all abilities
- Annual Celebration Banquet
- Discount on your USAT Fee

SOME INTERESTING FACTS...

Triathlon is the fastest growing sport in the United States

The first triathlon was held by a group of athletes in San Diego in 1974

The first Ironman triathlon was held in 1978 in Hawaii

The sport made its debut in the Olympics at the Sydney Games in 2000

Because all three events are endurance sports, nearly all of triathlon training is cardiovascular exercise

In addition, since triathletes must train for three different disciplines, they tend to have more balanced whole-body muscular development than other types of athletes

HOW TO JOIN ?

If this sounds like a group you'd like more information on, please call one of the numbers listed below or stop by the membership desk of any Sarasota County YMCA. We'll gladly provide you additional details, events we have planned, and an application for membership. Or visit us at our home on the web at www.sharkstriclub.org

Evelyn Sadlier Jones YMCA ***

941-922-9622

Babe Weiller YMCA 941-366-6778

Frank Berlin YMCA 941-955-8194

Venice YMCA 941-492-9622

John Letourneau 941-345-5790

***** - Home Branch of our Club**



AT FEES YOU CAN AFFORD

Individual: \$30 Annual

Family: \$50 Maximum per household

Team Tee Shirt Included

(up to 2 per household)

(FEES ARE COLLECTED AT THE ESJ BRANCH)