

Tiger Coaching Women's Triathlon Training Club/Racing Team

Join Nebraska's Women's *only* Triathlon Training Club/Racing Team . Get expert coaching and group training twice a week. Three levels to choice from, Train for you first sprint tri to an Ironman. **All levels welcome.** Discounts and training classes from local experts. **No intimidation!**

2009 Racing Season

First Meeting - May 14th

Pre-register by: May 4th

Yearly Registration Fee - Three Levels:

- \$119 Group Training only with Training schedule
- \$169 G. Training/Schedule/Racing/Cycling Jersey
- \$219 Training/Professional Coaching/Racing/Jersey

Head Coach - Gary Bredehoff, CSCS

- USA Triathlon Certified Expert Level Coach
- Certified Strength & Conditioning Specialist
- ACE Certified Personal Trainer
- RRCA Certified Running Coach
- World Championship Ironman Qualifier & Finisher
- Four time Cornhusker State Games Triathlon Champion

Assistant Coach - Scott Bredehoff

- USA Triathlon Certified Level I Coach
- 2006 Cornhusker State Games Champion
- 2007 Hy-Vee Regional Triathlon (8th overall finisher)

For more information or to register call: 402-560-8280



PERKS

- Dri Fit Racing Shirt
- T. Coaching Discounts
- Cycling Discounts
- Running Discounts
- LT/VO2 Testing
- Video Analysis
- Training schedule
- Group Support
- Expert Coaching
- Pool access w/ coach

Sponsored by:

Tiger Coaching
Cycle Works
Lincoln Running Company



Lincoln **RUNNING COMPANY**
run... walk... be fit

Mail Registration and Fee to:

Tiger Coaching & Personal Training
2110 Winthrop Rd. Suite 100B
Lincoln, NE 68502

Phone: 402-560-8280
Fax: 402-488-8280
Email: coach@tigercoaching.com
www.tigercoaching.com

Name _____

Address _____

Phone _____ Email _____

Dri Fit T-shirt Size: S M L XL

Sex _____ Birthday _____

Credit Card# _____ Exp Date _____ Security # _____

I know that competing in a triathlon training class is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to the distances of this event. I agree to abide by any decision of the class official relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, train at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the road conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, the City of Lincoln, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____

