



Couch to TRI

Are you interested in doing a triathlon? Have you always wanted to “tri” but aren’t sure where to start? Come join us for this free 3 month training program starting in May. We will help you train in supported open water swims (OWS), cycling, and running, not to mention how to tackle the sneaky 4th sport of triathlon: transition! Our target race is the Chattahoochee Challenge Sprint Triathlon in July.

What: Couch to Tri Intro Meeting

When: May 18th

Days & Times: Thursday at 6:30pm

Location: Outside World

Address: 1025 Broadway, Columbus, GA 31901

Questions: chattahoocheetriclub@gmail.com



WHERE WE TRAIN...

1. Transition (One Arsenal Place)

This is where bikes and runs start from.

2. Steps (Woodruff Park)

Cross Dillingham from Transition through Woodruff Park near CSU campus. Go down the stairs to the riverwalk and head to the stairs that lead to the water.

3. Boat Ramp (Behind Trade Center)

If you are doing water support, you meet here. If you are swimming, you exit here. Walk up the ramp and around the circle fountain to get back to Transition.

