

Tri For Life Triathlon Training

When: 3:30, Saturday, May 24

Where: The home of Chris and Heather Pierce
1465 Lake James Dr. Va Beach.

What: Triathlon training and a post training party

What to bring: Yourself, your friend, training equipment, a side-dish for hamburgers and hot-dogs, and your favorite post-swimming beverage.

Please RSVP to Jesse_Blackwood@hotmail.com

Everything else:

The lake is not too cold but too deep to touch and 500 meters across. The sunset is beautiful and best enjoyed with friends.

