



Open daily 10 am—7 pm
www.v3multisport.com

VENI VIDI VICI

WINTER TRIATHLON SEMINAR—FREE
March 28, 2010

Noon—Intro to Triathlon Training—Effectively prepare for your first triathlon. Led by Elaine Vescio, a USAT Level 1 Certified Coach with Vescio Multisport

2:30 pm to 4:00 pm—Triathlon Injuries—Tips on how to prevent injuries, manage them on your own, and know when to see a practitioner. Led by Dr. Kate S. Kelly, Chiropractic Physician at Active Recovery Boston, and triathlete.

5:00 pm—Sports Nutrition—Get the competitive edge by using nutrition to your advantage. Led by Stephanie Shenton M.S. Nutri, C.P.T., Integrated Wellness Coaching, triathlete, and personal trainer.

BIKE REPAIR AND SERVICE
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