

ACTIVITIES & PERKS

Sunrise Tri Club offers its members the chance to train and socialize with others with the same interests.

Members will enjoy training together:

- Weekly Running/Cycling Opportunities!
- Weekend Specialty Training!

Members will enjoy learning together:

- Clinics about Training, Nutrition, and bike fit!
- Clinic on Basic Bicycle Maintenance!
- Several supported open water swims!

Members will receive a newsletter:

- Includes Monthly Training Schedule!
- Expert articles and updates on multisport!

Members will enjoy these perks:

- 15% discount at Sportspectrum for 9 purchases!
- Automatic Early Entry into River Cities Tri!
- Discount on the Sunrise Tri Series
- Opportunity to purchase custom team uniforms
- Invitations to Spring Kick Off and Christmas party

MISSION

Since the beginning, Sunrise Tri Club has been designed for the individual who is interested in the total experience. The club has always welcomed anyone interested in one or all of the multi-sports, from the beginner fitness enthusiast to the serious competitor. Our goal is to foster an environment that allows our members to achieve personal goals and have fun doing it. The club also lends support to any new member trying a sport for the first time. We realize it may be hard to take that first step and that is why we are here to make it easy. Sunrise Tri Club is here to enhance your fitness pursuits, whether they are on road or off!



Membership Application

2010

Sunrise Tri Club

P.O. Box 5763

Shreveport, LA 71135

Phone: 318-798-0688

Email: djgberg@aol.com

WAIVER

I recognize and acknowledge that Sunrise Triathlon Club races, events, clinics and activities involve potentially hazardous activities. I certify that I am in adequate health and physical condition for the Sunrise Tri Club races, events, or activities in which I participate. I assume all risks associated with my participation including but not limited to risks due to falls, wrecks, weather, traffic, and road conditions. In consideration of my membership in Sunrise Tri Club, I hereby waive and release Sunrise Tri Club, its agents, officers, volunteers or members, from, any claims or demands for damages or injuries or liability in any manner arising out of Sunrise Tri Club races, events and activities. I agree to indemnify and hold harmless the parties released herein from any claims or demand for damages, injuries or liability in any way arising out of my participation in such races, events, clinics or activities. I agree to follow all rules of such, races, events, clinics or activities, and to permit myself to be removed from such if in the opinion of the person in charge of such race, event, clinic or activity, continuing may endanger my health or that of others.

I have read, understood, and accept the agreement above. My submission of this form shall act as my legal signature.

Initials of: registrant if over 18 years of age; **or** parent/legal guardian of minor, incapacitated, or mentally challenged person.

Signature of primary member

Your 2010 Officers

President: Doug Gotberg
 V-President: Renee Umstead
 Secretary: Tanya Tingle
 Treasurer: Teresa L White
 Social Coordinator: Denise Cook

Please feel free to contact any of us, as we are here to help.

Thank you for your continued support for the club. We appreciate your trust and look forward to seeing you throughout the year. Come on out and play.

Sincerely,
Your Sunrise Officers

2010 Sunrise Tri Club Membership Application

Name _____	(1)	Address _____			
Spouse _____	(2)	City _____	State _____	ZIP _____	
Child 1 _____	(3)	Home # _____	Other # _____		
Child 2 _____	(4)	Email Address _____			
Child 3 _____	(5)	Occupation or Job Title _____			
DOB _____	(1)	Dues: Individual \$45.00 Family \$68.00 Make Checks Payable to: Sunrise Tri Club Mail or Return Application to: P.O. Box 5763 Shreveport, LA 71135			
DOB _____	(2)				
DOB _____	(3)				
DOB _____	(4)				
DOB _____	(5)				
		For More Information or Questions: Doug Gotberg 318-798-0688 digberg@aol.com President 2010			

LOCAL TRAINING

SWIM:

The Sunrise Tri Club doesn't have a personal swim coach or own an indoor pool; however, we do have some wonderful options. The Red River Masters and the City Of Shreveport Swim Team (COSST) both offer coaching for every swimmer, regardless of skill level. With the Red River Masters, workouts are conducted at the LSUS Natatorium Monday through Saturday. At COSST you will receive planned swim workouts 3 times a week, will have access to the Centenary fitness center, and access the Southside 50 meter pool. Both options will help you be a better triathlete!

Bike:

Training rides vary with the seasons. The Shreveport Bike Club offers free Wind-Trainer classes in the chilly months. Starting in April (or sooner), cyclists meet at Ellerbe Road Baptist Church (corner of Leonard & Ellerbe Rd) Tuesdays and Thursdays at 6:00 pm and Saturday mornings at 7:30 am to ride varying distances. You will find Sunrise Tri Club, Shreveport Bike Club, Team LaSport & other cyclists meeting here. Find out more at shreveportbicycleclub.org or rivercitycycling.com.

Run:

Want to get faster?? Track workouts led by experienced local triathletes will begin in the late spring at the Lee Hedges Stadium track. These will be designed for all members from beginner to advanced. For longer runs, the Saturday Morning Running Group (SMR) meets at the Starbuck's on Line Avenue every Saturday morning at 6:00am. Both groups welcome all levels of triathlete!