



Triathlon club

Put some fun into your training  
Join Boise's premier triathlon Club



WHATEVER YOUR GOALS, WE WILL HELP YOU ACHIEVE THEM

# BOISE AEROS Triathlon Club



August 13 2011



## CLUB ACTIVITIES

- **BIKE RIDES** FOR ALL LEVELS
- **KEN'S RUN SUNDAYS AT 8AM**  
*everyone welcome all levels*
- **WOMEN'S SPECIFIC BIKE RIDES AND RUNS**
- **ANNUAL RIDE TO STANLEY**
- **RUN WORKOUTS, INTERVAL AND STRENGTH TRAINING**
- **DISTANCE RUNS**
- **OPEN WATER SWIMS**
- **UNDERWATER SWIM VIDEO**
- **MONTHLY MEETINGS, FOOD, FUN, TRAINING TIPS**
- **WINTER TRAINING CAMP IN BOULDER CITY, NEVADA**
- **HOUSE OF PAIN, INDOOR COMPUTRAINER MULTIRIDER STUDIO**
- **ONLINE FORUM**
- **INTERACTIVE WEBSITE**
- **TRAINING ADVICE FORM THE AREAS MOST EXPERIENCED TRIATHLETES**





Www.boiseaeros.com



### HOW TO JOIN

1. SIGN UP ONLINE AT:  
www.boiseaeros.com

OR

2. COMPLETE THE  
ADJOINING APPLICATION  
AND SEND APPLICATION AND CHECK  
TO THIS ADDRESS:

MEMBERSHIP DUES: \$45/YEAR

## BOISE AEROS APPLICATION FOR MEMBERSHIP



NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY/STATE \_\_\_\_\_  
 ZIP \_\_\_\_\_ PHONE \_\_\_\_\_  
 BIRTHDAY/AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 EMAIL \_\_\_\_\_

Please go to [www.boiseaeros.com](http://www.boiseaeros.com) and register online after you send this form in.

PAST TRIATHLON EXPERIENCE:

YOUR TRAINING AND RACING GOALS:

Boise Aeros Dues....\$ 45 \_\_\_\_\_  
 House of pain.....\$ 60 \_\_\_\_\_  
 total amount enclosed \_\_\_\_\_

MAIL CHECK AND APPLICATION TO:

BOISE AEROS  
5237 Holly Hill  
**BOISE, ID 83703**

