

# **Training and Education Seminar**

**Saturday, October 9<sup>th</sup>, 3-5 PM  
Virginia Wesleyan College  
Lecture Hall**

For Addition information call: Tommy Neeson at (757)289-5676

So you want to take up running? Or maybe you're interested in Triathlons or perhaps you have unanswered training questions.

Well, come join us at Virginia Wesleyan College for an education seminar. The seminar is FREE and open to the general public. You will have your choice of topics:

- beginning and intermediate running clinics
- triathlon basics, featuring a swim/bike workshop
- injury prevention
- nutrition
- massage/chiropractic care

The seminar will consist of three 1/2 hour sessions featuring an introduction of the speakers followed by a question and answer discussion. Seminar speakers include: US Olympic Marathon qualifiers, All-American Triathletes, certified personal trainers, nutritionists, top local athletes and sports medicine experts. So, please come join us.