


June 2009

Triathlon Junkie Tri Club Training & Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:00 PM w/Troy Run-Track @Arlington High 7-9 PM w/Jennifer Lap Swim @ Kirby Creek Natatorium	2 7:00 PM w/Troy Run @The Runner Shop	3 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	4 7:00 PM w/Troy Run @ The Runner Shop	5 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	6 7:00 AM w/Troy Long Run @ The Runner Shop 8:30 AM w/Jeff Bike- 30 miles @ B&B Bicycle in Cedar Hill
7 7:30 AM Open Water Swim & Bricks @ Joe Pool Lake 7:00 PM Run @Veteran's Park w/Striders	8 7:00 PM w/Troy Run-Track @Arlington High 7-9 PM w/Jennifer Lap Swim @ Kirby Creek Natatorium	9 7:00 PM w/Troy Run @The Runner Shop	10 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	11 7:00 PM w/Troy Run @ The Runner Shop	10 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	13 6 AM Metro Sprint Tri followed by PICNIC after the awards ceremony @ Ironhead Tent
14 6:00 AM Metro Sprint Tri @ Joe Pool Lake 7:00 PM Run @Veteran's Park w/Striders	15 7:00 PM w/Troy Run-Track @Arlington High 7-9 PM w/Jennifer Lap Swim @ Kirby Creek Natatorium	16 7:00 PM w/Troy Run @The Runner Shop	17 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	18 7:00 PM w/Troy Run @ The Runner Shop	10 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	20 7 AM w/Troy Long Run @ The Runner Shop 8:30 AM w/Jeff Bike-30 miles @ B&B Bicycle in Cedar Hill
21 7:30 AM Open Water Swim & Bricks @ Joe Pool Lake 7:00 PM Run @Veteran's Park w/Striders	22 7:00 PM w/Troy Run-Track @Arlington High 7-9 PM w/Jennifer Lap Swim @ Kirby Creek Natatorium	23 7:00 PM w/Troy Run @The Runner Shop	24 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	25 7:00 PM w/Troy Run @The Runner Shop	10 6:00 PM w/Jennifer Open Water Swim @ Joe Pool Lake	27 7 AM w/Troy Long Run @ The Runner Shop 8:30 AM w/Jeff Bike- 30 miles @ B&B Bicycle in Cedar Hill
28 7:30 AM Open Water Swim & Bricks @ Joe Pool Lake 7:00 PM Run @Veteran's Park w/Striders	29 7:00 PM w/Troy Run-Track @Arlington High 7-9 PM w/Jennifer Lap Swim @ Kirby Creek Natatorium	30 7:00 PM w/Troy Run @The Runner Shop				

Location:

The Runner Shop, 3535 W. Pioneer Parkway, Arlington, Texas 76013; 817-461-2281; www.therunnershop.com

B&B Bicycles, 408A N. Highway 67, Cedar Hill, Texas 75104; 972-293-3100; www.bbbicycles.com

Veterans Park, Arkansas and Indian Springs Road, Arlington, Texas

Kirby Creek Natatorium, 3201 Corn Valley Road, Grand Prairie, Texas; 972-263-8174 www.grandfun.net

Arlington High School, 818 West Park Row Dr, Arlington, Texas

Contact Information:

Swim: Jennifer @ 972-263-8174

Bike: Jeff @ 972-293-3100

Run: Troy @ 817-860-3710

Our Next Monthly Club Meeting / Picnic is June 13th right after the awards ceremony at Ironhead Race Production Tent (near finishline) inside Lynn Creek Park at Joe Pool Lake in Grand Prairie

Picnic is Potluck by club members. Bring a guest and be prepared to have a great time with other Junkies.