



Tri4Grace

Course Preview

Saturday, May 5th at 6:45 a.m.

(Ride begins at 7 a.m. with run to follow)

River Falls High School parking lot

- Free and open to all ages and abilities
- No drop
- Rain or shine
- Social time to follow after the ride and run

If you are new to triathlon or the Tri4Grace course, join club members to talk through the course and transitions and check the course out before the race. Contact Joleen with Wild River Multi-Sport club for more information 715-307-2144.

* Wild River will also be hosting a swim clinic at the Hudson YMCA on Saturday, April 21st if you would like to learn more on improving your swimming ability.