



good  
help...

keeps you moving

## expert panel tri night

Whether a newbie or seasoned triathlete, you won't want to miss the Bon Secours Expert Panel Tri Night, hosted by the Bon Secours Elite Tri Team. The team will cover all your burning questions and will help settle your nerves and boost your confidence as you head into your race. Bon Secours Elite Tri Team members Marc Warner, Marty Stiegmann, Justin Moyer, and Marion Herring, along with Laurie Mehler, President of Richmond MultiSports will prepare you for your best personal race.

Monday, September 16, 2013 | 6 p.m.

Bon Secours Washington Redskins  
Training Center

2401 West Leigh Street, Suite 110  
Richmond, Virginia 23220

### topics to include

- Training and nutrition the week of the race
- Transition set-up do's and don'ts
- Safe riding techniques/rules
- Bring your own! Email [shea\\_awad@bshsi.org](mailto:shea_awad@bshsi.org) your biggest worry/concern as you approach(ed) your first tri

This event is in partnership with



and the upcoming Richmond Sprint Triathlon presented by Bon Secours Physical Therapy and Sports Performance - Sunday, October 6th at Burkwood Swim and Racquet Club

R.S.V.P. to [shea\\_awad@bshsi.org](mailto:shea_awad@bshsi.org)  
no later than September 12th

[bonsecoursphysicaltherapy.com](http://bonsecoursphysicaltherapy.com)



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