

TRIAD TRAINING

TriAdventure Training is Underway!

Our first training event of the year is a 63km bike ride being swept by 'cyclist extraordinaire' and TriAd committee member Bruce Mayhew. It is happening this Saturday, May 14th at 9am!

Training Ride Details:

Date/Time: Sat. May 14 · 9:00am - 12:00pm
Start & Finish: Kennedy Subway Station
Route: Kennedy/Pickering loop (63km)

Bruce Mayhew will be sweeping a ride for the Bike Rally next month and the TriAdventure participants are welcome to join them for the training.

This training ride is a 63km ride from Kennedy –Pickering. The Saturday training ride leaves at 9am. The week following moves to 10am for anyone that wants to continue to do training rides.

MAY AT A GLANCE

Training Ride: 63km + Patio at Allens!

Saturday May 14th 9:00am
Kennedy Subway Station

6K Lesliville Run!

Tuesday, May 17 at 7:00pm
Starbucks @ Queen & Logan

Training Ride: 63km

Sunday, May 22 at 10:00am
Kennedy Subway Station

7K Lesliville Run!

Tuesday, May 24 at 7:00pm
Starbucks @ Queen & Logan

Lane Swimming + Coaching

Friday, May 27 at 7:00pm
Jimmy Simpson Community Centre

8K Lesliville Run

Tuesday, May 31 at 7:00pm
Starbucks @ Queen & Logan



Post-ride Patio Gathering!

Following the ride, TriAdventure folks will be heading for a social gathering on the lovely patio at Allen's Restaurant.

Allen's Restaurant On The Danforth

143 Danforth Avenue
(416) 463-3086



Check out the full training schedule on our Fan Page.

www.triforafrica.org

For training inquiries:

Lisa Hipgrave: 647.221.5472
Paul Moran: 647.205.9454