

Jump Start Your 2006 Season!

March 4th at Inside-Out Sports and Stonewood Grill in Cary, NC

- Ride or run with Mike and Amanda Lovato
- Enjoy lunch from Stonewood Grill and Tavern (included)
- Listen to a discussion led by the Lovatos
- Attend clinics by local coaches and athletes:
 - Bike fit
 - Body composition testing
 - Stride analysis
 - Swim stroke analysis
 - Transition class

Registration:

\$39.99*

*15% discount before
February, 1 2006

**35% Discount for TTC
(formerly RATS) members

For details and registration visit

www.insideoutsports.com

Professional Triathletes Mike and Amanda Lovato



2nd Ironman Arizona (05)
9th Ironman Hawaii (03)
1st Ironman Couer d'Alene (05)



1st 5430 Half-Ironman (05)
4th Ironman Wisconsin (03)
USAT Amateur World Champion (02)

Sponsored by:

Stonewood Grill and Tavern, Inside-Out Sports, Triangle Triathlon Club, and the Inside-Out Sports/Stewart Engineering Team (www.elitetriangletrieteam.org)

